DOCUMENT RESUME

ED 179 833 CG 013 970

AUTHOR	Davis, Linda J.; Brody, Elaine M.
TITLE	Rape and Older Women: A Guide to Prevention and Protection.
INSTITUTION	Philadelphia Geriatric Center, Pa.
SPONS AGENCY	National Inst. of Mental Health (DHEW), Rockville, Md.
REPORT NO	DHEW-ADM-78-734
PUB DATE	79
CONTRACT	NIMH-SM-76-0073
NOTE	175p.
AVAILABLE FROM	Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (Stock No. 017-024-00849-4)
EDRS PRICE	MF01/PC07 Plus Postage.
DESCRIPTORS	Behavior Problems; Crime; *Females; *Gerontology; *Older Adults; *Prevention; *Rape; Senior Citizens; Violence

ABSTRACT

Due to rising violent crime rates, crime and fear of victimization have joined health, income and housing as major concerns of older Americans. This guide proposes solutions which reflect the best available information. The three main sections focus on rape of women over 50, its prevention, and education programs and training aids. The guidelines are designed primarily for use by planners, administrators and housing site staff; organizations that provide services for older people; law enforcement agencies; and other agencies involved with assuring the safety of the elderly. The objectives are to: (1) sensitize the reader to the special vulnerability of older women and to the issue of rape; (2) increase knowledge regarding prevention, program planning and the avoidance and protection activities for older women; and (3) provide the reader with education and training suggestions, materials and resources necessary to carry programs beyond the planning phases. (Author/BMW)

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ED179833

Rape and Older Women

A Guide to Prevention and Protection

by
Linda J. Davis, Ph.D., and
Elaine M. Brody, M.S.W.

U S DEPARTMENT OF HEALTH,
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Alcohol, Drug Abuse, and Mental Health Administration

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Rockville, am Maryland 20857

The work upon which this publication is based was performed by the Philadelphia Geriatric Center pursuant to Contract No. NIMH-SM-76-0073 with the National Center for the Prevention and Control of Rape of the National Institute of Mental Health.

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DHEW Publication No. (ADM) 78-734
Printed 1979

For sale by the Superintendent of Documents, U.S. Government Printing Office
Washington, D.C. 20402

Stock Number 017-024-00649-4

FOREWORD

It is a sad commentary that any woman in this country could be a victim of sexual assault. It is a tragedy that a 76-year-old woman could be subjected to sexual violence. Yet, many older women who live in urban complexes and experience diminished physical capacities are victimized by crime. Their vulnerability often heightens their anxiety, forcing them to withdraw from their friends and families and from surrounding neighborhoods where they should be secure.

Though much has been written on the problem of sexual assault, there has been little systematic study of rape of the elderly, hence few positive steps toward prevention of sexual assault. The National Center for the Prevention and Control of Rape has developed this document for those who are concerned with the quality of life among the elderly. The authors, Linda Davis and Elaine Brody, discuss the process of growing older in our society, the special vulnerability of older women, and the physical and psychological impact that fear of crime and sexual assault have on the lifestyle of older women. They suggest avoidance activities (behaviors older women themselves can adopt to reduce their exposure to high-risk situations) and protection activities (actions that police, housing personnel, families, and neighbors can take to protect older women from victimization) as a means of preventing rape. These prevention strategies, when coupled with positive community organization, can improve the living arrangement and environment of older women. Finally, the authors outline educational and training tools for older women, community groups, planning and service agencies, housing personnel, and law enforcement agencies.

Sexual assault is a community problem. Until we join together through increased awareness and positive action, we cannot hope to prevent the occurrence of sexual assault of any age group. This book is a beginning in the Center's continuing effort to prevent sexual assault of the elderly. We encourage your consideration of this material and its references and would appreciate learning of new and unique programs and strategies that have been developed. Please share your ideas with us so that we, in turn, can inform others—and together we can work to reduce the victimization of the elderly in our society.

Elizabeth S. Kutzke, Chief
National Center for the
Prevention and Control of Rape

PREFACE

In October 1976, the National Center for the Prevention and Control of Rape, National Institute of Mental Health, awarded a 1-year contract to the Philadelphia Geriatric Center for the preparation of this guide on the protection of older women against rape and related offenses.

There was virtually no information about rape and older women, nor had specific programs been developed. It was recognized, however, that older people are perhaps more vulnerable than the young to environmental stress and hazards. Many older women live in high-crime areas in congregate arrangements such as public housing, high-rise apartment buildings for the elderly, welfare hotels, and boarding homes. Because they often lack economic resources and have few social supports, they are locked into such living arrangements. It is, therefore, imperative to develop and implement methodologies to protect them and to allay the acute anxieties that have a profound effect on their lifestyle. The importance of the subject cannot be measured by the number of rapes alone. The goal of this guide is not only to prevent rapes insofar as is possible, but to reduce the severe mental and emotional stress induced by fear of the prospect of such assaults.

No claim is made that this guide is definitive; rather, it is a beginning, with much work remaining to be done. The guide is a synthesis of specific information acquired from many sources nationwide. It presents an approach to the problems of prevention and protection in the perspective of an older population. Basically, it asserts that the independence of older women to function socially and physically within their chosen environment must be maximized within the design of any security program. This philosophy is reflected throughout the guide in recommendations for the adaptation of prevention and protection activities for the special needs of older women and for those interested in their welfare.

Many people contributed their time and knowledge to the development of the guide. Our invaluable consultants, Carl L. Cunningham, Marjorie Cantor, and Letty Thall, provided continuing guidance throughout the project year in addition to critiques of the materials and manuscript. Appreciation is expressed to Linda C. Meyer of the Philadelphia Center for Rape Concern, who provided expert consultation on the problem of sexual assault, and Eugene O'Neill of the Philadelphia Housing Authority, who provided helpful advice on housing and security procedures.

This guide reflects the professional experience and extensive knowledge gained from those familiar with various facets of this complex issue. We give special thanks to the individual managers of public housing, senior housing, hotels, and boarding homes in New York and Philadelphia for their assistance and consultation in facilitating our research. Security survey personnel of the Philadelphia Police Department assisted in developing models for the use of security hardware devices and physical design of living spaces. Finally, substantive input was received from a number of gerontologists, law enforcement and judicial personnel, and criminologists, as well as planners, administrators, and workers in rape crisis centers and housing, health, and social service agencies. These names appear in Appendix C.

The authors are especially grateful to the dedicated, diligent, and creative professional staff of the project. They sustained a high level of commitment and enthusiasm despite working with a difficult subject often under adverse, even dangerous, circumstances. Individual staff members contributed to the development of prevention and protection models and in preparing drafts of chapters contained in this publication: Emily Dunlap—background on the older woman; Faye Kahn—personal behaviors; Gale Lang—community organization; Cheryl Robertson—physical design and hardware; Katherine Schwartz—bibliographies; Edna Segal—resource materials; and Patricia Turner-Massey—incidences of rape against older women.

The list of those to whom we are indebted would not be complete without mention of Mr. Bernard Liebowitz, Executive Vice-President of the Philadelpnia Geriatric Center, who consulted on the research and made available the resources of his large organization in sponsoring the workshops. Dr. George Weber went beyond his role of Project Officer to provide consultation on the research and useful suggestions on this publication.

Elaine M. Brody and Linda J. Davis

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INTRODUCTION

In the United States, rates of violent crime, including homicide, rape, and assault, have increased rapidly during the past 15 years, especially in urban settings. For many older people, knowledge of these crimes has aroused an acute awareness of vulnerability, often followed by severe reductions in social activities, independence, and overall life satisfaction. As a consequence, crime and fear of victimization have joined health, income, and housing as major concerns of older Americans.

Of course, older people vary greatly in physical, psychological, and social attributes, but because of their age, they share critical characteristics which make them, as a group, especially vulnerable to victimization. In this respect, they constitute a special population, and their protection constitutes a special problem.

The rape and sexual assault of older women are issues within the crime spectrum which, except for occasional headlines, have received little attention from researchers, professional planners and service providers, or the general public. Rape is an unpleasant subject; violence against an especially vulnerable individual, such as a frail and frightened elderly woman, is appalling.

METHOD

This exploratory research had as its objective the organization of available information on rape and older women into three basic components: (1) background material on the vulnerability and victimization of older women relative to younger women; (2) models for protection against rape of older women through personal avoidance behavior on the part of the potential victim, physical design of the living arrangement and use of hardware, and community organization activities; and (3) resources for education and training programs on protection against sexual assault.

Data on the incidence and characteristics of rape against older women, information on protection models, and education and training methods were obtained from a variety of sources as indicated below.

Literature search—The literature on rape, gerontology, and especially victimization of older people was examined for special

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problems of rape against older women. National and local victimization surveys and uniform crime reports were used to assess the extent of victimization.

Interviews with older women—Formal interviews were conducted with 54 older women currently residing in multi-unit urban housing, including two welfare hotels, two public housing sites, one large private senior housing development, and two boarding homes. The women, who ranged in age from 55-89, volunteered to be interviewed individually following group meetings held at their housing sites for the purpose of describing and discussing the project. The volunteers answered questions about their social environment and lifestyle, whether they had ever been victimized, their perception and fear of victimization patterns, the effect of these perceptions on their lifestyle, and the activities they now perform or consider valuable in protecting themselves.

Interviews with service providers—Formal private interviews were held with 31 individuals directly concerned with the provision of services to older people, including police, workers in the judicial system, housing managers, social service and health agency administrators, clinical personnel, caseworkers, and rape center workers. Service providers were questioned regarding the extent of the rape problem in regard to older women and the prevention and protection activities they considered valuable.

Interviews with rapists—A group interview was held with three convicted rapists of older women, currently confined in a corrections facility. The rapists were asked to describe the circumstances of the rapes, their feelings and behaviors, and the victims' responses. Their advice was solicited regarding methods of protecting older women against rape and preventing severe injury should a rape situation appear unavoidable.

Case histories—Case histories of 87 women over the age of 50 in New York and Philadelphia who have been raped provided insight into the circumstances and consequences of those crimes. This exploration led to suggested appropriate activities by which the rapes might have been prevented.

Information gathered through the literature search, interviews, and case histories was organized and drafted into several models of prevention activities for various types of housing sites. A formal workshop was held midway through the project for the purpose of submitting the models to the scrutiny of approximately 60 experienced professionals in rape problems, aging, social services, and law enforcement. Following the workshop, models for prevention and education and training activities were revised and synthesized for presentation in this guide. In addition, group meetings were held with over 100 older women in the field research sites for the purpose of testing and revising the educational material on avoidance behavior contained in chapter 8.

BASIC DEFINITIONS

Before outlining guideline content, target groups, and recommendations, two basic definitions are in order. First, what is meant by the term *rape*? The concern in this guide is not only with preventing the legal or clinical commission of rape (as defined in detail in chapter 2) but also with protection against related sex offenses, intimidation, fear, and other circumstances and consequences of these crimes. Second, what is meant by *older women*? A difficult distinction to make, "older" usually means age 65 or over. In vulnerability to rape, the term includes those in their early fifties and older. The rationale for including middle-aged women is that their social and physical characteristics often resemble those of their older counterparts. For example, many women between the ages of 50 and 65 are widowed, live alone, and face difficulties of economic and social adjustment following the death of a spouse. It is also during this period of life that physical changes begin to appear, such as a limiting chronic illness or normal decreases in hearing and visual acuity, all of which contribute to increased vulnerability.

CONTENT

Since rape and sexual offenses against older women constitute a complex and serious dilemma, this guide attempts to go to the root of the problem and to propose solutions which reflect the best available information.

This guide focuses on prevention of rape among the most vulnerable older women, that is, the approximately 20,500,000 women over 50 currently living in large metropolitan areas. While use of this guide cannot totally "prevent" or "eliminate" rape, its implementation may reduce the vulnerability of older women through specific actions appropriate for their age group. "Prevention" through avoidance and protection activities may improve the protection of older women against all types of crimes as well as rape. The recommendations should prove useful for younger age groups and for men as well as women in protection against crime.

The content is organized into three basic sections:

Part One — The Problem
Part Two — Prevention
Part Three — Education Programs and Training Aids

Part One, chapters 1 and 2, discusses background information on the vulnerability of older women, the extent of victimization, and the special problem of rape. It is the foundation for the four chapters in Part Two, Prevention, which focus on planning and implementing security programs. Chapter 3 introduces the reader to a conceptual model of prevention and suggests a process for designing and operating a successful program. Chapters 4, 5, and 6 present practical activities for avoidance of rape and protection against all crimes. Finally, Part Three discusses education and training needs and organizes a variety of training materials for use by the reader.

USE OF THE GUIDELINES

The guidelines are designed primarily for use by planners, administrators, and staff of housing sites; organizations that provide services for older people; law enforcement agencies; and other individual organizations directly involved in assuring the safety of older people. The objectives are to:

(1) Sensitize the reader to the special vulnerability of older women and to the issue of rape as it applies to this population.

(2) Increase knowledge regarding prevention, program planning, and the practical avoidance and protection activities appropriate for older women.

(3) Provide the reader with the education and training suggestions, materials, and resources needed to carry program recommendations beyond the planning phase.

The ultimate goal of these guidelines is to maximize the safety, autonomy, and independence of older women through positive action. Increased skills in self-protection and mutual-help techniques can only serve to build feelings of confidence and reduce victimization in a population already vulnerable to the other vicissitudes of growing old in America.

PART ONE – THE PROBLEM

Chapter 1. The Special Vulnerability of Older Women

Chapter 2. Victimization, Rape, and Fear

CHAPTER 1

The Special Vulnerability of Older Women

INTRODUCTION

Rape and other sexual offenses are usually portrayed in literature or the audiovisual media in scenes with a seductively dressed young woman attracting the attention of a man who is seeking to satisfy a sexual need. This fantasy does not portray rape as the brutal, agressive, unjustified assault which, in reality, it most often is. In fact, rape is not primarily a sexual crime; it is a crime of violence. The rapist's victim can be of any age and social status.

The youngest rape victim found through the project interviews and review of case histories was 4 months of age; the oldest was 94. The rape of an infant or of an elderly woman is particularly horrifying and difficult to comprehend, perhaps because children and old people are more vulnerable to physical and emotional harm and to its long-term negative effects. Since they are dependent on others for care and protection, their exploitation is particularly repellent. In addition, the rape of very young or old people negates the belief that such an assault is primarily for sexual gratification.

As pointed out in the introduction, these guidelines focus on middle-aged and older women living in urban settings. In order to understand their unique vulnerability to crime and its effects, it is useful to examine the characteristics these older women have in common as well as the social and physical environments in which many of them live. Physical aging, social role changes, and ageism are the major conditions in industrial societies which contribute to the older woman's vulnerability to victimization and which must be considered in the design of prevention programs.

AGEISM

There are many stereotypes regarding older women: the little, old, gray-haired lady who occupies her time by knitting sweaters and baking cookies for visiting grandchildren; the dignified gentlewoman draped in once-elegant clothing and smelling of lavender as she sits sedately in church every Sunday morning. In contrast, there is the less pleasant picture of a frightened and senile shut-in or the lonely nursing home patient who receives infrequent postcards from distant children and grandchildren. Every large city has its group of highly visible "shopping bag ladies," dressed in several layers of clothing, who slowly work their way along crowded streets carrying all their worldly possessions. Another contrasting stereotype is that of the wealthy widow who spends her days and her inheritance on the pursuit of pleasures such as world travel and expensive clothing.

Sociologists caution that stereotypes, however farfetched, are based on grains of truth. These particular stereotypes represent exaggerated reflections of the wide variation in the characteristics and the lifestyles of older women today. Actually, older women do not constitute a homogeneous group. But one common factor within groups of middle-aged and older women is the achievement of a certain chronological age. They have experienced similar historical events, have fulfilled similar social roles, and perhaps share some of the physical changes that occur with advancing age. Aside from these generalizations, as the National Council on the Aging points out, there is no such thing as the typical experience of old age or the typical old person (NCOA 1975). There is no magic point in a woman's life when she suddenly becomes the "old woman" with all its accompanying stereotypical characteristics. On the contrary, the psychological, social, physical, behavioral, and economic patterns she established as a young woman will accompany her throughout life. Furthermore, people age at different rates. An intact, capable woman of 90 may be functionally younger than a sick, frail woman of 65.

Although older women may retain a high degree of individuality, our industrial society tends to shun and ostracize its citizens once they lose the capacity to contribute to the national economy. Attitudes that view all older people negatively simply because they are old have been described by Dr. Robert Butler, Director of the National Institute on Aging, as "Ageism" (Butler and Lewis 1973). Simone De Beauvoir (1972) points out that older people are grouped together in the perceptions of others as being parasitic, physically and intellectually incompetent, and generally valueless. The notion that people cease to be the same people by virtue of age not only places an unjust burden on older individuals but also contributes directly and indirectly to their increased vulnerability to many social ills, including crime.

During recent Congressional hearings on the victimization of older people, it was stated that the criminal is not a sportsman. He seeks out the easy mark, the sure thing, the vulnerable (U.S.

Congress, House of Representatives 1976). Surely, if the prevailing belief is that an older woman is physically weak, emotionally distressed, fearful, and incompetent, she will be viewed by a rapist as an easy victim. In the opinion of William E. Prendergast[1] of the New Jersey Department of Corrections, ageism contributes to the likelihood that the rapist will choose an older victim because he believes she is easy prey.

In addition to what the potential assailant believes about older women as easy victims, what older women believe about themselves may contribute directly to their being victimized. Many of them accept the stereotyped beliefs regarding the inferiority of older people and other myths about aging, and they behave accordingly. Older women often isolate themselves and refuse to use precautions against crime, thereby reflecting feelings of physical and social inadequacy, fear, and helplessness.

Ageism, like sexism and racism, has created basic social and economic problems in our society which indirectly increase older women's vulnerability to crime. In the past, social policy and laws designed to enhance the economic position of those in financial distress actually discriminated against older people, especially older women. An illustration of the "isms" working against older women is inherent in the Social Security system. Although a woman who remains in the home works long hours in childrearing, in homemaking, and often in community service, she accrues retirement benefits only by virtue of her role as the spouse of a worker whose forced retirement is based on ageism (Cantor 1976). The presumption that man is the breadwinner and woman is dependent punishes women, especially widows, for assuming the very role assigned to them by society. Poverty or near poverty is a fact of life for many older women, particularly those over 65 (Brotman 1977). Fortunately, with recent discussions on mandatory retirement and homemakers' benefits, there is evidence that social policy at the Federal level may be changing.

Ageism contributes to poverty, and poverty breeds illness, isolation, poor housing, and other conditions which are clearly associated with increased criminal victimization. If the negative effects of racism are added to ageism and sexism, the older black woman is in a state of what gerontologists call "triple" or "multiple jeopardy" (Kimmel 1974). These individuals are extremely vulnerable to

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[1] William E. Prendergast, Director of Professional Services, Adult Diagnostic and Treatment Center, New Jersey, deals primarily with sex offenders and was interviewed on several occasions by project staff.

crime, as demonstrated in many surveys of victimization patterns in urban settings (U.S. Department of Justice 1977; MRI 1977).

Older people are heterogeneous; they vary widely in age, socioeconomic and religious backgrounds, health status, personality, and the capacity to adapt. However, it is appropriate to examine some of the social, physical, historical, and environmental characteristics that they share and ways in which these shared characteristics relate to increased vulnerability to victimization.

THE DEVELOPMENTAL CONCEPT OF AGING

Aging, alone, does not transform one's personality. A major theme in theories of aging is that of continuity of personality throughout the lifespan (Brody 1977). People grow old, however, within social and physical environments which are constantly in a process of change. The developmental theory of aging, which is widely accepted in gerontology, deals with the relationship between the aging individual and her changing social-physical environment (Kimmel 1974). Every phase of life is characterized by a series of tasks which must be mastered. These tasks are dictated by social-role expectations and various "normal" crises which befall most people. Puberty, marriage, vocational or financial difficulties, and loss of spouse are examples of these transitional events. Like the earlier years, the later years of life, when viewed as a normal phase of the developmental process, have their own set of tasks which must be mastered.

The tasks of old age in our society are often characterized by a cluster of negative stresses which interact to leave the individual more vulnerable and less able to cope. This phenomenon may become a vicious circle as additional stresses increase with advancing age. The stresses of aging may begin during the period usually thought of as middle age, i.e., when people are in their fifties. Some stresses are abrupt in onset, such as death or illness of spouse, other relatives, or friends, and loss of job, income, or home. Others are gradual in onset and not immediately noticed, such as diminishing physical and mental capacities, chronic illness, and difficulty in maintaining productivity in major activities. All these normal developmental conditions contribute to the vulnerability of older women to criminal victimization.

PHYSICAL CHANGES AND HEALTH STATUS

Changes in anatomical structures and the accompanying deterioration of physical function which accompany advancing years are a normal part of the developmental aging process. Most changes in physical function are first noticed during the middle years; and from then to advanced old age, they progress in varying degrees. These changes, often barely apparent in the "young old," but obvious in the "very old," play a vital role in vulnerability to a physical criminal attack.

Sight and Hearing

Sensory capacities are among the first to change, although these changes may not be readily perceived by the individual in her fifties or sixties. Presbycusis (normal loss of hearing associated with aging) is the inability to hear at lower volume or at higher frequencies. The problem is compounded in an urban setting with its constant background noises of traffic and machinery. The older woman may not hear approaching footsteps, a warning voice, a whistle, or someone entering her home. Virtually all persons experience hearing loss if they live long enough.

Deterioration in vision includes decreased ability to see objects clearly, judge distances, discern color intensity, and adjust vision between darkness and light. Generally speaking, a woman in her late seventies needs three times as much light to read as her teenage granddaughter (University of Michigan 1975). In addition, adaptation to changing focus from different distances requires a longer time with advancing years. Contrasts in texture and depth are also more difficult to perceive. Stairways, corridors, and dimly lighted areas, exits from subway stations or office buildings into bright light, and the outdoors at night are all settings or situations in which the older woman is made more vulnerable by virtue of her normal reduction of visual function.

Neuromuscular and Skeletal Changes

Calcification of ligaments and joints, bone and tendon changes, and loss of muscle bulk are associated with normal aging. Cellular changes combined with the effects of disuse result in stiffness, stooping, loss of muscle power, diminished ability to bear weight, and sometimes spontaneous bone fractures. Such normal signs of aging are often markedly visible in the "frail elderly." These individuals are unable to move or turn quickly to escape assault and do not have the agility and power required to fight off an assailant.

Other Systemic Changes

There are changes in the cardiovascular and respiratory systems which result in distressed breathing, impaired circulation, improper nourishment, and swelling of all parts of the body. These problems are likely to interfere with the mobility of the older woman, thus making her easy prey.

Not only do the physical changes of normal aging increase vulnerability to crime, they also increase the chances for serious injury under attack. Bone fractures, cuts, and severe bruises are more easily sustained by older women, especially the very old. In addition, changes in the female genital system, including hardening and thinning of vaginal walls, are likely to contribute to severe genital or urinary tract injuries in women who are raped or otherwise sexually abused.

Health Status

A common "ageism" is that most older people are frequently ill. While a large percentage have at least one chronic ailment, the vast majority of older persons function very well in spite of aging conditions.

At any given time, less than 5 percent of the 65-or-over population reside in a nursing home. Even among those 85 or over, only 19 percent are residents of institutions (U.S. DHEW 1976). Though impairment tends to increase with age, chronic illness is not invariably accompanied by disability or limitations in important activities. In persons between ages 45-64, one out of five (20 percent) has a functional impairment; for ages 65-74, the frequency doubles to two out of five (40 percent). Of the 75-and-over group, functional impairment increases again to three out of five (60 percent) (Brody 1977; U.S. DHEW 1976).

Chronic conditions commonly found among older women living in the community are arthritis, high blood pressure, hardening of the arteries, heart problems, and kidney disease. Mental conditions are highly correlated with physical ailments and increase sharply in incidence with advancing age (U.S. Congress, Senate 1976; Butler and Lewis 1973). The increase is particularly notable in organic and functional psychoses and psychosomatic illness. The organic disorders, particularly chronic brain syndrome (senility), are those most highly correlated with advanced age. They are characterized by irreversible inability to function intellectually, confusion, and impairments in orientation, memory, knowledge, and judgment.

Depression is another frequent psychological difficulty for people as they grow older (Zinberg and Kaufman 1963). Physical incapacities, losses such as those of job, friends, and income, and lack of future orientation all contribute to depression.

The need for and utilization of health services generally increase as people grow older. Even though older women see physicians more frequently than their younger counterparts, they are not necessarily receiving adequate everyday health care. The barriers may be difficulties in accessibility of services in urban areas, complicated paperwork, long waiting periods, overcrowding, and negative attitudes of those who administer the programs. In addition, the crisis-oriented medical care system discriminates against the individual with a chronic condition, especially if that condition is commonly believed to be "normal for her age." The net result is that many older women living in the community are not able to function adequately. For those who have little or no help from family and friends, the problem is intensified.

Further compounding the situation of vulnerable older women in the community is the recent trend to "de-institutionalize" mental hospital patients. In many areas, long-time residents of mental health facilities are being released into environments where their ability to function is doubtful. These women are often visible in large urban areas, such as New York City, where they wander the streets and literally live in public buildings, such as train and bus stations.

In the absence of health care and social supports, women with serious physical and mental health impairments are extremely vulnerable to victimization. When these women have mental impairments, the authorities may not take their reports of assault seriously.

HISTORICAL EXPERIENCE

The common factor for all women of the same age range is the equal passage of time, during which all have experienced similar historical events and similar physical and social milestones in the lifecycle. As illustrated in figure 1, a "typical" 70-year-old woman was born while the horse and buggy were still the major mode of transportation. She has lived through four wars, a major depression, and has seen men walk on the moon; and yet, the Lindbergh flight is still a poignant memory. If she has been in the work force, she is likely to have retired or to have reached the upper level of any career pursuit. Her children left home long ago. Illness and death

FIGURE 1. Historical and developmental milestones in the life of a typical 70-year-old woman, 1977

Year		Age	
1900	Horse and Buggy Days		
1905	Teddy Roosevelt, President		
		0	Birth (1907)
1910			
		6	Starts to school
1915	World War I		
	Prohibition	12	Puberty
1920	Womens Suffrage		
1925	Roaring Twenties	18	Employment
			Voting
1930	Lindbergh's Flight		Marriage
	Depression		Parenthood
	Prohibition Repealed		
1935	Equal Rights Amendment Introduced		
		30	Husband goes to war
1940	Pearl Harbor		New directions in employment
	World War II		Peak productivity
1945	Atomic Bomb		
	Television	40	Children leave home
1950	Korean War		Menopause
1955			
	Sputnik	50	Death of parents
1960			Grandparenthood
	Presidential Assassination		Distant movement of children
	Vietnam		
1965			
	Lunar Landing		
1970		60	
		65	Retirement
	Presidential Resignation		Death of spouse, friends
1975			
	Exploration of Solar Planets	70	Great-Grandparenthood
1980			Frailty
		80+	Death
1985			

are not strangers to her as they are to most younger women. Limitations of the body are more frequent and demand more attention.

In addition to historical events and milestones, those in the same age group often share attitudes, values, and mores. While individual values are always dictated by personal circumstances, the norm of the time has a significant and long-lasting influence. For example, women who first learned of sexual matters during the late Victorian era are likely to be conservative in regard to sexual permissiveness or even discussions of sex. In the course of the research on which these guidelines are based, the interviewers, who represent a generation which discusses sex easily, often found that the older respondent was hesitant to use the word rape and found the topic embarrassing to discuss. Since rape is still erroneously viewed by many as primarily a sexual crime, it is a term which refers directly to "sexuality," use of sexual organs, and sexual activity. In the opinion of some older women, such topics are not suitable for discussion. Eighty percent of the older women interviewed, however, said they would be humiliated, devastated, ruined, or otherwise drastically affected if raped, and all feared severe physical injury. In addition, their embarrassment and hesitancy to discuss rape may be contributing factors to estimates that rapes of older women are greatly underreported.

Because of the lack of research on the subject, it is difficult to generalize on the impact of rape on older women as compared with younger women. It might be hypothesized, however, that since values surrounding matters of a sexual nature are likely to be different in different generations, the older woman's experience would be different from that of a younger woman. Younger women, of course, are also likely to feel devastation and humiliation as a result of being raped. A major difference between age groups may be in their collective and individual actions against rape. While many older women are reluctant to even discuss rape, younger women are openly expressing their anger by forming anti-rape groups that provide public and private support of rape victims. It is also possible that younger women are more likely to use self-defense methods to protect themselves and to report a rape or attempted rape to proper authorities.

SOCIAL ROLES AND FAMILY RELATIONSHIPS

As illustrated in figure 1, different social roles are experienced and fulfilled throughout the lifespan. A major problem for older women is that most live beyond their major roles as spouse and parents of dependent children (Brody 1977). Since people in our society are socialized to productivity, occupational and nuclear family roles are central. These major roles are lost with age and with them the sense of self-esteem associated with a wide range of relationships and status. Some social roles that may continue or develop for most older women, however, include organizational membership, grandparenthood, participation in leisure activities, and interpersonal relationships with family and friends. These potential roles are strengths upon which mutual-help security programs can be based. (See chapter 6 for detailed discussion of community organization programs.)

It is a common belief in our society that most older women live alone and, furthermore, have been abandoned by their children. Such a belief suggests that most older women are alone both physically and socially and therefore are more vulnerable to crime. While aloneness and loneliness exist for some, only about one-third of all older women live alone, one-third live with a spouse, and the remaining third live with a relative other than a spouse or with a nonrelative. Approximately 80 percent of older people have living children, with a somewhat smaller estimate of 65 percent for inner-city urban dwellers (Cantor 1975). Further evidence indicates that the overwhelming majority of older women maintain strong ties within a multigenerational family and that a support network is intact within and among generations (Sussman 1965).

Services that supplement family support are becoming increasingly available to the older urban resident, though need is still far from being adequately met. Senior centers, meals on wheels, friendly visitors, Retired Senior Volunteer Program (RVSP), rent increase exemptions, food stamps, Supplemental Security Income (SSI), Medicare, and Medicaid are all examples of programs designed to enhance the social roles of older persons and to stretch their limited budgets. Regardless of family or outside social services, every urban center has its minority of lonely, forgotten women. Because of their isolation and lack of social roles or relationships, they are clearly more vulnerable to victimization than the majority of older women.

THE URBAN ENVIRONMENT

As indicated above, the normal processes of growing old introduce new problems and stresses at all phases of life. Growing old in the complex urban environment presents special problems in mobility, housing, avoidance of crime, and general survival.

Aside from the negative aspects of an urban environment, there are positive aspects that can be advantageous in planning a security program. For example, the density of population allows for interaction among neighbors, though it doesn't invariably occur. Cities provide, usually within reach, many of the services and programs needed by older people including food stores, drug stores, churches, service centers, nutrition programs, and others (Cantor 1974). Congregate housing sites, such as apartment buildings, senior housing, public housing, and hotels, are common forms of living units for older women in urban settings. The nearness of neighbors and availability of housing personnel are potential sources of support and protection. The density within buildings can function negatively as well, however, depending on the nature of the resident population and on the prevailing security conditions. In high-crime areas with age-integrated housing, for example, older women are often threatened, assaulted, robbed, and terrorized by younger neighbors.

Poverty traps many older urban women into a difficult lifestyle. Many still reside in the neighborhoods where they lived as children and later reared their own families, but the neighborhoods have changed. For example, the Grand Concourse of the Bronx in New York was once, as its name suggests, an area of well-to-do homes inhabited by a thriving middle class. Today, it is largely inhabited by the poor, including many elderly people, most of whom are welfare recipients. Many urban areas throughout the United States, such as the South Bronx, resemble European cities after World War II. Burned-out buildings and piles of rubble extend over large areas. These transitional areas, common to many urban settings, are well known for high crime rates. They are usually avoided by all who have a choice. Yet many older women, often widowed, are reluctant to move away from the familiar neighborhood. They remain in spite of the heavy population of potential assailants and the obvious risk to their well-being (Philadelphia Inquirer 1977; Lawton 1973; Lawton 1971).

Mobility and transportation are other important needs for older women in the urban environment, not only as a means of obtaining necessary services but also as activities in and of themselves, representing independence and sometimes even entertainment (U.S. DHEW 1975). Current modes of transportation in the urban setting, such as subways, trains, and buses, are difficult for many older people, particularly if high steps and stairs are involved. Walking, the main means of transportation for many, is hazardous in lonely areas, at night, in crowds, and in crossing streets. These problems with mobility and transportation in a large city may create dangerous situations and increased potential for victimization.

VULNERABILITY SUMMARY

The special vulnerabilities of the older woman to rape or other physical assaults may be summarized as follows:

(1) Her normal physical capacities may be diminished, thus restricting her ability to escape, defend herself, or identify her assailant. She may also suffer from a variety of physical or mental impairments which render her unable to use complicated precautions against victimization and make her virtually helpless if assaulted.

(2) Many older women have set routines which are easily observable to potential assailants. Habits of banking, shopping, and hours of coming and going are predictable, thereby facilitating the planning of a burglary, robbery, or rape.

(3) The vulnerability of an older woman is increased further if she is dependent on walking and on public transportation. For example, the use of public transportation contributes significantly to the fact that older women have the highest rates of personal larceny with physical contact. (Goldsmith and Tomas 1974). It also increases chances for fraud, confidence games, and being observed and followed for purposes of robbery or rape.

(4) Most older women in the urban setting do not live alone. In addition, most have some network of social support. There are many, however, who are alone or who live in poverty in run-down, high-crime areas. These particular older women are the most vulnerable to victimization and are, in fact, frequently and repeatedly preyed upon by assailants or burglars who may also be their neighbors. Their jeopardy is compounded if they are physically or mentally impaired.

To the extent that the older woman possesses the characteristics of physical or mental impairment, poverty, aloneness, dependence on walking and public transportation, poor housing conditions, and routine predictable behaviors, she is vulnerable to victimization. Crimes against her are considered so easy that in street vocabulary they are known as "crib jobs."

A major controversy exists at this time regarding whether or not the general victimization of older people in the United States constitutes a crisis situation. Some feel that the problem is underreported and therefore underestimated by national statistics. There also are those who feel that the fear experienced by the majority of our senior citizens is well out of proportion to the actual risk of victimization and thus is more detrimental than crime itself.

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CHAPTER 2

Victimization, Rape, and Fear

INTRODUCTION

> In violent crime, man becomes wolf...threatening and destroying the personal safety of his victim in a terrifying act. Violent crime engenders fear—the deep seated fear of the hunted in the presence of the hunter.
>
> National Commission on the Causes and
> Prevention of Violence, 1969

There is little question that the everyday lives of older urban women are affected in some way by crime. Crime is by definition an act committed in violation of the law. It varies in intensity, frequency, and effects on criminals and victims. Although many individuals are never victimized by a criminal act, almost all are indirectly victimized through constant concern, anxiety, or additional costs of defensive hardware, law enforcement, the judicial system, increased insurance premiums, and inflated prices which cover thefts and damages (Mandell 1972).

Chapter 1 explains the common characteristics of older women that make them especially vulnerable to both direct and indirect victimization. This chapter deals with three additional dimensions of the context in which security programs are planned and implemented:

(1) *Victimization Patterns*—The incidence and frequency of reported crimes in the United States against all ages set the perspective for analyzing the relative victimization of older people.

(2) *Rape and Sex-Related Offenses*—Before planning a security program with specific elements for avoidance of rape, the reader should understand something about the nature of the crime and the circumstances in which it usually occurs.

(3) *Fear and Concern Among Older People*—The manner in which older people perceive a threat of being victimized dictates their behavioral reactions. The effects of fear may be unrealistic and extremely negative. On the other hand,

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practicing self-protection measures may be a very positive reaction to a realistic level of fear.

Knowledge of the special vulnerability of older women, the "objective" patterns of victimization, characteristics of violent sex-related crimes, and the consequences of fear experienced by many older women provide the baseline context for designing appropriate security programs.

VICTIMIZATION PATTERNS

A Historical Perspective

The need for a uniform system of collecting data on the incidence of crime was first recognized by Congress in 1930. As one solution to the problem, the Federal Bureau of Investigation was authorized to obtain standard data on a monthly basis from over 12,000 local law enforcement agencies (U.S. Dept. of Justice, FBI 1975). Since that time, statistics on selected crimes have been routinely summarized and published by the FBI as the annual *Uniform Crime Reports.*[1]

Offenses reported are divided into two major categories: Part I, the "index" offenses, and Part II, less serious offenses. Index crimes are seven major violations of law so named because their seriousness and frequency of occurrence provide an index, or indicator, of current levels of crime over time in various geographic locations. The index crimes include: criminal homicide; forcible rape and attempted rape; robbery; aggravated assault; burglary; larceny, theft; and motor vehicle theft. These index offenses are further divided into two categories: property crime, such as burglary; and violent crime, such as rape or attempted rape.

The Uniform Crime Report system has serious deficiencies which limit its value as an accurate indicator of the true incidence of specific crimes against specific groups of victims. While it does provide a measure of increase or decrease in crime trends, it does not contain information as to victim age, sex, or race (with the exception of homicide cases). Another serious limitation is that the reports make no estimate of crimes not reported to the police.[2] A third deficiency of the reporting system is that all crimes reported to the police are not always classified by the police in the same terms that they are reported by the victim. For example, if a woman reports a rape following a brutal sexual attack but cannot demonstrate that vaginal penetration occurred, the attack may be classified as an aggravated assault. Another example of limitation in reporting is the requirement that if several crimes are committed at the same time, only the most serious is reported. In the case of rape/homicide, only the homicide will appear in the statistics.

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[1] *Uniform Crime Reports for the United States* is available for each year from: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

[2] It is widely believed that underreporting is extremely widespread in cases of rape and older women. This problem is discussed in more detail later in this chapter.

In spite of these limitations, the Uniform Crime Reports are at present the best available general indicators of national trends in the increase or decrease of crime.

Table 1 illustrates the overall crime rates for the United States from 1971-1975 inclusive. With the exception of slight decreases in robbery, burglary, and larceny in 1972, there has been substantial increase in all index crimes since 1970. Reported rapes have increased 41 percent, matched or exceeded only by burglary and larceny which had significant increases in incidence during the recession year of 1974. It is important to note that an elevation in rates of rape incidence could represent an increase in reporting rather than an increase in the number of rapes being committed each year. Many experts in law enforcement agencies and rape centers believe that women are becoming less afraid to report a rape as a result of the women's movement and improved services for victims.

At the 1975 average national rate of 26.3 rapes per 100,000 population, large cities with populations of approximately 2 million, such as Detroit and Philadelphia, would have 526 reported rapes per year against women of all ages.[3] While that figure indicates a substantial problem, it probably represents only a fraction of the actual rapes which occur but go unreported in spite of improved services.

Table 2 shows the percentage of offenders under and over age 25. High percentages of reported index crimes are attributable to young offenders, with the exception of aggravated assault. Aggravated assault most often occurs within family units or among neighbors which may explain a higher incidence in the older age groups. In reviewing the ages of offenders arrested for forcible rape or attempted rape between 1970-1976, it was observed that the greatest concentration of arrests is among males age 17-23. The average age of index crime offenders has remained very consistent during the entire first half of the 1970s.

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[3] In reality, 716 rapes were reported to the Philadelphia police in 1975.

TABLE 1. Comparison of uniform crime rates—Index crimes, 1971-1975 (inclusive)

Crime index offenses	1971		1972		1973		1974		1975		Overall increase since 1970
	Number	Rate per 100,000 population	Number	Rate per 100,000 population	Number	Rate per 100,000 population	Number	Rate per 100,000 population	Number	Rate per 100,000 population	
Total	5,995,200	2906.7	5,891,900	2829.5	8,638,400	4116.4	10,192,000	4821.4	11,256,600	5281.7	
Murder	17,630	8.5	18,520	8.9	19,510	9.3	20,600	9.7	20,510	9.6	
*Change	+11%		+5%		+5%		+6%		−1%		+26%
Forcible Rape	41,890	20.3	46,430	22.3	51,000	24.3	55,210	26.1	56,090	26.3	
*Change	+11%		+11%		+10%		+8%		+1%		+41%
Robbery	385,910	187.1	374,580	179.9	382,680	182.4	441,290	208.8	464,970	218.2	
*Change	+11%		−3%		+2%		+15%		+5%		+30%
Aggravated Assault	364,600	176.8	388,650	186.6	416,270	198.4	452,720	214.2	484,710	227.4	
*Change	+10%		+7%		+7%		+8%		+6%		+38%
Burglary	2,368,400	1148.3	2,345,000	1126.1	2,540,900	1210.8	3,020,700	1429.0	3,252,100	1525.9	
*Change	+9%		−1%		+8%		+18%		+7%		+41%
Larceny/Theft	1,875,200	909.2	1,837,800	882.6	4,304,400	2051.2	5,227,700	2473.0	5,977,700	2804.8	
*Change	+7%		−2%		+5%		+21%		+14%		+41%
Motor Vehicle Theft	941,600	456.5	881,000	423.1	923,600	440.1	973,800	460.6	1,000,500	469.4	
*Change	+2%		−6%		+5%		+5%		+2%		+8%

SOURCE: U.S. Department of Justice, F.B.I., *Uniform Crime Reports for the U.S. 1971, 1972, 1973, 1974, 1975.*

*Percentage increase or decrease in number over previous year.

TABLE 2. Average percent of offenders under age 25 and over age 25—Index crimes, 1971-1975 (inclusive), car theft omitted

	Offenders	
Crime	Percent under age 25	Percent over age 25
Homicide	45	55
Rape	61	39
Robbery	77	23
Aggravated Assault	31	69
Burglary	84	16
Larceny	66	34

There is little question that violent crime has increased at a steady rate in this and previous decades, especially in urban areas. The 10-year period from 1963 to 1973 reflected the greatest sustained rise in reported violent crime since FBI figures were first published in 1933 (Curtis 1974). During that time, in urban areas with populations of over 250,000, homicide increased 149 percent; aggravated assault, 101 percent; robbery, 263 percent; and rape, 171 percent.

There is credence in the argument that such large increases in published crime rate are due, in part, to better reporting methods. It is also true, however, that vast changes have occurred in every aspect of American life over the past 15 years which have contributed to the breakdown of traditional social roles and institutional controls over behavior. As a result, it is difficult to effectively constrain criminal behavior in people. This is especially true of young people, who may be less likely to be socialized to traditional rules of behavior (National Commission on the Causes and Prevention of Violence 1969).

The lack of traditional and institutional constraints on criminal behavior has far-reaching implications for a protection program. The old methods of guarding against victimization must be replaced by new ones which are more likely to be effective in a social environment that facilitates high rates of criminal activity. These methods include: self-protection or "avoidance behavior"; mutual-help protection through community organization; and physical protection, such as "fortification" with locks and other hardware and creation of "defensible space." These concepts and specifications for their utilization are discussed in detail in chapters 3 through 6.

Victimization of Older People

There is controversy among gerontologists and service professionals as well as broad popular misconceptions around the issue of victimization and older people.

The popular notion among the general public seems to be that older people, particularly the frail elderly, are frequently and brutally victimized, especially in urban settings. The media contributes to this belief by headlining appalling incidents, such as "Aged Couple Were Beaten in a Street of Strangers," "Brutal San Francisco Murder of a Brave Old Lady," and "I Am 77, Last Night I Was Raped." (*New York Times* 1977; *San Francisco Chronicle* 1977; *Village Voice* 1976).

Law enforcement, judicial, and rape center personnel interviewed by project staff generally believe that violent crime against older women is grossly underreported and therefore underestimated in official crime statistics. This view is supported in the literature by some gerontologists (Goldsmith and Tomas 1974).

On the other hand, persons working in service agencies with older people on a daily basis tend to express the opposing belief that older women are not directly victimized more than their younger counterparts. They are, however, profoundly affected by their constant fear of victimization. This viewpoint is also supported in the literature (Cook and Cook 1976).

In recent testimony before the House Select Committee on Aging (April 28, 1976), three theories regarding victimization were set forth:

(1) Older people are victimized in the same proportion as the general population.

(2) Older people are victimized proportionately more than the general population.

(3) Older people are "overvictimized" by some crimes, "undervictimized" by others, and are victimized proportionately the same for others.

There are significant impediments to a clear understanding of the extent of victimization of older people. In addition to the subjective division of opinion among professionals working close to the problem, simple reporting constraints exist. For example, many police departments still do not record a victim's age. An objective appraisal, based on extensive local surveys, clearly supports the third supposition that there are certain crimes to which older people are definitely more vulnerable.[4] There are others, auto theft for example, to which they are less vulnerable (U.S. Congress, House of Representatives April 28, 1976; Cook and Cook 1976; Clemente and Kleiman

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[4] The reader is cautioned that survey data, like police reporting, are affected by unknown rates of underreporting. Because anonymity is provided the victim, underreporting is likely to be a smaller problem in a survey questionnair than in a police report. Correct underreporting rates must be established, however, before accurate estimates of victimization can be made.

1976; U.S. Dept. of Justice, LEAA 1977; Wolf 1977; Forston and Kitchens 1974; Martin and Reban 1976; Midwest Research Institute 1977; Gubrium 1974; Butler and Lewis 1973).

National trends, as illustrated in tables 3, 4, and 5, show that older people in general are victimized less than younger people. However, when one considers the older people living in urban areas, the population of primary interest in these guidelines, their rate of victimization by certain crimes can often peak to six to ten times the victimization rate of younger people who reside and work in rural or low crime areas. Trends of victimization, based on survey findings, can be summarized as follows:

(a) Overall, older people are less likely to be victimized than their younger counterparts.
(b) In some geographic locations and urban areas, older people are more frequently victimized by burglary and swindling in addition to "street crimes" such as purse snatching.
(c) The most common offenses against the older age groups are personal larceny (mugging and purse snatching) and burglary. Violent crimes such as homicide and rape are the least common offenses.
(d) Generally, the most common offenses against older men are larceny and assault; against older women, larceny (purse snatching) and burglary. Older women are victimized proportionately less than older men, with the exception of larceny-with-contact (purse snatching with physical force) in the 50-64 year age group.
(e) The reported incidence of rape among older women is considerably less than among younger women (table 6).

TABLE 3. Household crimes, by age, 1975
(rates per 1,000 population*)

Age Head of household	Burglary	Household larceny	Motor vehicle theft	Total
20-34	122.0	171.4	29.6	323
35-49	101.4	149.0	21.7	272
50-64	68.1	94.1	14.9	177
65+	53.8	58.7	6.2	118

*Subcategories may not sum to total due to rounding.

Source: U.S. Department of Justice, Law Enforcement Assistance Administration, National Criminal Justice Information and Statistics Service, Comparison of 1974 and 1975 Findings, *Criminal Victimization in the U.S.* p. 22.

TABLE 4. Personal victimization, by age, 1975
(rates per 1,000 population*)

Age	Rape	Robbery	Assault	Crimes of theft	Total
20-24	2.6	10.8	45.8	146.6	206
25-34	1.2	6.3	31.7	109.8	249
35-49	.3	4.6	15.6	80.2	91
50-64	.2	4.3	8.9	51.3	65
65 & over	.1	4.3	3.4	24.5	32

*Subcategories may not sum to total due to rounding.

Source: U.S. Department of Justice, Law Enforcement Assistance Administration, National Criminal Justice Information and Statistics Service, Comparison of 1974 and 1975 Findings, *Criminal Victimization in the U.S.* p. 13.

TABLE 5. Age and sex of murder victims, 1975

Age	Number	Percentage	Male	Female
20-34	7787	41.7	6100	1687
35-49	4425	23.8	3476	949
50-64	2480	13.3	1980	500
65 & over	1187	6.4	783	404
Unknown	319	1.7	243	76

Source: U.S. Department of Justice, F.B.I., *Uniform Crime Reports for the U.S. 1975.* p. 17.

TABLE 6. Reported rape and attempted rape, rates per 100,000 women by age, U.S., 1974

	Age of female victim						
	12-15	16-19	20-24	25-34	35-49	50-64	65+
Rate/100,000	364	422	639	373	72	111	75

Source: U.S. Department of Justice, Law Enforcement Assistance Administration, National Criminal Justice Information and Statistics Service. *Sourcebook of Criminal Justice Statistics—1976.* p. 371.

The trends in victimization suggest that older urban women are most vulnerable to personal theft while on the street and to burglary or robbery while in their homes. Experience has shown that crimes commonly associated with older people have a dangerous potential for escalation. Given the right circumstances, property or nonviolent crimes, such as burglary or larceny with personal contact, with any age victim, can escalate easily into more serious violent crimes, such as assault, rape, or homicide.

In the next section, we see that rape and sex-related offenses against older women are in fact frequently committed in conjunction with another crime, especially burglary. Such evidence supports the notion that rape is often a crime of opportunity. Given this factor, a major goal of protection programs for an older woman is the assurance that the would-be assailant never gains the opportunity to commit rape by first entering her home illegally or by accosting her outside of the home for any reason.

RAPE AND SEX-RELATED OFFENSES

Introduction to Rape

In the larger sense, rape is the act of taking anything by force (*Oxford English Dictionary* 1971). While each State has its own definition of rape within its criminal statutes, the FBI defines forcible rape as "carnal knowledge of a female through the use of force or the threat of force" (U.S. Dept. of Justice, FBI 1975). The two elements necessary to constitute rape are sexual intercourse and commission of the act forcibly and without freely given consent (Ervard 1971).

The slightest penetration by the male organ constitutes carnal knowledge. Neither complete penetration nor seminal emission is required. "Force" is defined as the use of actual physical force to overcome the victim's resistance or the use of threats which result in the victim's acquiescence because of fear of death or grave bodily harm.

Rape is considered a crime of violence *and* a sex crime. Authorities concur, however, that while rape involves the use and violation of sexual organs, it is not a crime arising from sexual passion. It is a crime which arises from hate, hostility, and violence and manifests itself in depersonalization and degradation of the victim. The purpose of rape is to debase and humiliate, with the sex act itself secondary. Rape is also a deviant act, not because of the sexual act per se, but because of the aggressive and violent mode in which the act is performed (Amir 1971).

Regarding rape as a sexual crime rather than a violent and deviant act is likely to result in a faulty and distorted perspective in the minds of those preventing rape or dealing with rape victims. They may believe they are dealing with an issue of sex and morality rather than one of deviance and violence. They might thus misjudge the real danger and devastating effect of rape and other sexual assaults on potential victims. If one looks upon rape as a crime of violence, one is more disposed to view its threat and consequences much as other aggressive crimes, such as robbery and assault (Bard and Ellison 1974).

The focus for the prevention of rape and other sex-related offenses must be on protecting the individual from an unwanted and violent intrusion of her person. This focus is similar to protecting her from homicide, assault, or robbery.

Victimization of Older Women

Problems in reporting

The true incidence of rape and other sex-related offenses against any age group is not known at this time. The greatest deterrent to obtaining reliable statistics is the extensive amount of underreporting, which apparently is a common phenomenon associated with most crimes, particularly rape and other sex-related offenses. For women of all ages, estimates of the percentage of rapes actually reported to the police range from 55 percent to as few as 5 percent, or one in twenty (U.S. Dept. of Justice, LEAA 1977; Brownmiller 1975).

Rape is one of the most underreported crimes because of fear and/or embarrassment on the part of the victim (U.S. Dept. of Justice, FBI 1975). Investigators also have speculated that decisions to report the crime are influenced by race of the offender (e.g., interracial rapes); age difference between victim and offender; victim knowing the offender; anticipated reactions of family, friends, and authorities; lack of knowledge regarding whom to call; and the expectation that the offender would not be punished (Sellin 1951; Amir 1971; Dunham 1951; Weis and Borges 1973; Reckless 1973; Schultz 1975; U.S. Dept. of Justice, LEAA 1977).

Some researchers feel that the rate of nonreporting among elderly victims is especially high, not only because of fear of reprisal, embarrassment, and stigma, but because of perceived doubtful "credibility" of an older person's complaint. Given societal attitudes regarding sexuality and aging, an older woman may believe that her story will not be taken seriously and she will be denied her rightful redress under the law (Ernst et al. 1976; Roucek 1975).

Another problem in obtaining an accurate estimate of the extent of rape in American society is the problem of the definition and classification of sexual offenses. Other sex-related offenses may not be recorded as sexual assaults. In addition, rape is lost to statistics if accompanied by the more serious offense of homicide. Also, an initial rape charge may be plea bargained to a lesser offense.

A third hindrance is the lack of communication with people who are institutionalized or otherwise closed off from normal channels of protest. There is no way of knowing the incidence of rape among the institutionalized handicapped, imprisoned, or shut-in individuals. Such statistics are simply not recorded (Largen 1977).

The Center for Rape Concern in Philadelphia found that many of the victims who reported a rape, both young and old, were apparently motivated by a desire for help and comfort, whether emotional or medical. In addition, victims in lower socioeconomic groups, if they desire help, are virtually forced to report a rape due to lack of alternatives for receiving care and assistance. Conversely, those victims who have the resources and support to seek help privately, without reliance on public institutions, are more likely to do so and not report the incident to the police (Peters et al. 1976).

Extent of victimization

If statistics as reported in police data and various surveys were completely accurate, it would appear that sexual assault against older women is a rare occurrence.

As seen in table 7, the rate of rapes reported against women over 50 in the LEAA surveys is very low at approximately 1 per 1,000 population per year. This figure is considerably lower than the highest rate of 6.4 per 1,000 reported by the 20-24 age group.

TABLE 7. Rape, rates per 1,000 women, with estimates of underreporting

Age group	Reported rate	Rate with 45% not reported	Rate with 95% not reported
20-24 (highest rate)	6.4	11.6	128
50-64	1.1	2	22
65+	.75	1.4	15

Source: U.S. Department of Justice, Law Enforcement Assistance Administration, National Criminal Justice Information and Statistics Service. *Sourcebook of Criminal Justice Statistics, 1976*. pp. 359, 371.

Other sources of the incidence of rape against older women support the low rates reflected in the LEAA surveys. In New York City, for example, 2 percent of the reported rapes are against women over age 55 (Fletcher 1977). In Detroit, the figure is about 6 percent for the years 1971 through 1973 (U.S. Congress, House of Representatives March 29, 1976). In Syracuse, 5 percent of the reported rapes over a recent 14-month period were against women over 55, and in Philadelphia, the figure is approximately 8 percent. Other research reports from Houston, Texas; Denton, Texas; and Eugene, Oregon further confirm the low incidence rate of rapes against older women (Martin and Reban 1976; Forston and Kitchens 1974; Lane Inter-Agency Rape Team 1977). Further, statistics gathered on a group of convicted rapists who are patients in a treatment center of a New Jersey correctional institution revealed that 12 percent of the rapes committed by these men were against older women.

Unfortunately, estimates of underreporting suggest that rape rates per 1,000 population over age 50 and the percentage of sexual assaults committed against women over 50 are both substantially higher.

In summary, the actual extent of rape is unknown, but using estimates illustrated in table 7, women over 50 could have a rate as high as 19 or as low as 2 per 1,000 population. In a city such as San Francisco, with approximately 197,000 women over age 50, rapes among this age group could range from 394 to 3,743 incidents per year instead of the 68 reported in the LEAA surveys of victimization (Dept. of Justice, LEAA 1975).

Characteristics of Rapes Against Older Women

In addition to background information on extent and impact of rape, appropriate planning of prevention models calls for a knowledge of the characteristics of rapes against older women.

Unfortunately, little is known about the typical perpetrator of rapes against older women. It is known that he is likely to be between the ages of 16 and 26, of the same race, and unknown to the victim. Whether or not he differs in pathological characteristics from rapists of younger women is a matter which is hotly debated by police and rape workers. We do know that rapists of both older and younger women are aggressive and violent. Given the opportunity, the rapist will attempt to dominate, degrade, and humiliate the object of his aggression and thereby express his hostile impulses. Since there is no known personality "type" with obvious, disturbed behavior which can be assigned to the rapist, the potential rapist of any woman might be impossible to recognize in advance. He could be an openly hostile teenager who roams with his gang purposely assaulting, vandalizing, and raping on impulse; on the other hand, he could be a well-groomed working man with a wife, children, and a normal sex life, who will appear to the victim to be psychiatrically normal and capable of maintaining equilibrium in everyday situations.

An analysis of 78 case histories of women over 50 in New York and Philadelphia who have been raped and interviews with several convicted rapists of older women provided some insight into the realities of rape against older women.[5] The case review indicated that the majority of older rape victims live alone. Seventy-three percent of the older women were raped in their own homes, 50 percent during daylight hours, and 68 percent by a total stranger. In 65 percent of the cases, the rape was associated with a theft. It is not known whether the rapist enters primarily for rape or for theft. Many of the case histories, however, reveal that what started out as a burglary escalated to rape when the burglar discovered the victim or became frustrated with her. Physical force was used by the assailant to assure compliance in 97 percent of the cases, including choking, pushing, gagging, and actual beating in 50 percent of the cases. Some case studies reveal that in 43 percent of the cases, the older victim admitted the rapist into her own home. In another 36 percent of the cases, the assailant gained access through an open window or unlocked door.

These characteristics suggest a clear approach to prevention—it is of critical importance to keep the potential rapist from entering the victim's living unit, where most rapes occur. Adequate locks and security devices which facilitate visitor identification are, of course, important and necessary; however, their proper use is even more important. By forgetting to lock a door or window, or by admitting a stranger into her home without first verifying his identity, the woman has provided the assailant with an opportunity to select her as his victim. Probably two-thirds of the rapes described in the case histories could have been prevented if the victim had been more careful to protect herself.

Impact of Rape on Older Women

The impact of rape on older women is ample justification for prevention programs and for planning crisis intervention activities.

Chapter 1 states that because of the varying life circumstances among different age groups, the impact of rape is likely to be different on women of various ages. This is not to say that it is "worse" for one group or another. A 70-year-old widow, for example, does not have to deal with the effect on her husband or with the threat of pregnancy. On the other hand, the 22-year-old married woman does not have the isolation or physical problems of the typical 70-year-old woman.

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[5] Case history sources: Schafer 1974; Center for Rape Concern, Philadelphia 1977; Interviews with residents of the Treatment and Diagnostic Center, Department of Corrections, Rahway, New Jersey.

Currently, there are no published studies available on the differential impact of rape on older women when compared with younger women—some evidence, however, suggests possible differences in effect. In a preliminary analysis of 366 rape cases carried out as part of this study, there was a significantly higher severity of physical injury, especially to genital areas, among women over 50 (Center for Rape Concern 1977). This finding supports the hypothesis that older women are more vulnerable to physical injury. In addition, rape counselors reported the "aggressive" rather than the "sexual-erotic" aspects of the rape as the most psychologically traumatic to older women. The opposite was true for younger women, who seemed more traumatized by the sexual aspects. This finding was supported by project interviews during which most older women expressed fear of severe injury with accompanying loss of independence as their greatest concern about an attack.

In discussions with rape crisis center workers, project staff did not find concensus of opinion regarding overall effects of rape on older women. Some held the view that many older women better tolerate stress (especially after a lifetime of experience in a high-crime, high-stress neighborhood) and therefore are less traumatized by rape than are their younger counterparts. Others feel that older women react initially with a strong "front" but later, after sympathetic supporters leave, become depressed and fearful. Still others believe that older women are severely and permanently traumatized by the violent aggressive attack. Since no conclusive information is available, the impact of rape on an older woman must be examined in the context of the inherent character of the crime and the life situation of the older victim.

By law, forcible rape represents the ultimate form of violation of the self, second only to homicide. In this violent act, the victim surrenders autonomy, control of self, and privacy to a hostile intruder. Severe physical injury, fear of death, psychological devastation, long recovery, increased anxiety, financial problems, and loss of independence are all likely concerns of older women following a rape (Burgess and Holmstrom 1974; Kershner 1976; Center for Rape Concern 1977; Hilberman 1976).

In addition to the practical and immediate outcomes of rape, there are long-term psychological effects to consider. Generally, when an older woman, especially a very frail older woman, becomes the victim of a crime, she is bound to be faced with recognition of her lessened effectiveness. It has been hypothesized that older people tend to generalize the effects of a failure or lack of control in one situation to a wider variety of situations (Stone and Krantz 1976). Once victimized, the older woman may perceive that external factors, such as other people, fate, or chance, control her life; this is especially true in a crime such as rape. This perception of loss of control is likely to have a profound and permanent impact on the older woman.

The trauma associated with a rape experience undoubtedly is severe for any woman. Crisis intervention activities designed to neutralize negative effects are currently practiced by many rape crisis centers, including those listed in chapter 8. While these activities are helpful and necessary for rape victims, it is obvious that successful protection programs are a more advantageous investment for the total population.

FEAR AND CONCERN

The manner in which older people perceive the threat of victimization dictates their behavior and in turn has an effect, whether negative or positive, on the success of a security program. Fear can work for or against the program, depending upon its intensity and appropriateness. This section discusses fear as a concept and the extent of fear among older women and suggests appropriate methods of dealing with fear in prevention activities.

A useful distinction has been made between "fear" and "concern" by Frank Furstenberg in a paper entitled "Fear of Crime and Its Effects on Citizen Behavior" (Furstenberg 1972). He points out that when fear of crime is discussed, people often mean different things. Some are really speaking of "concern" about crime, that is, the individual's perception of the seriousness of the crime problem. Others really mean "fear," which is the individual's assessment of his own risk of victimization—that is, how much he personally is endangered by crime.

Several studies and surveys on urban problems and fear of crime clearly indicate that concern and especially fear are common among all older people, especially among older women.

The Gallup Poll in a 1975 series on *Crime in America* disclosed that in urban areas 21 percent of all the residents viewed crime as the number one problem in their city. This is in sharp contrast to a similar poll in 1949 when crime was mentioned by only 4 percent and rated sixth as a problem following slums, transportation, sanitation, diet, and corrupt politics (Ritchey 1977).

Other studies reveal that while all age groups express fear of victimization, older people do so in somewhat higher percentages (NCOA 1975; Clemente and Kleiman 1976). For example, Clemente and Kleiman, in their study of fear of crime, found that 51 percent of the age group over 65 were afraid as compared to 41 percent of the under 65 group.

Further investigation revealed that significant differences exist between young and old women on levels of fear (Lebowitz 1975; Brown and Cutler 1975). The greatest levels of fear are found among older women who are poor and living alone in urban areas. These women, many of whom live in high-crime areas and multiunit housing, are the most vulnerable to victimization and are victimized in greater numbers than their counterparts with better living conditions. Nevertheless, the reported rates of victimization of older women are considerably lower than the rates for younger women, though the fear rates for the former are higher. As pointed out earlier in the chapter, it is possible that the discrepancy in victimization rates may represent a large volume of nonreporting by older women. If that is not the case, then the evidence suggests that fear among older women is out of proportion with the risk of being victimized.

While overall actual victimization appears to be relatively low, fear is pervasive among older women. Some women react to fear by taking appropriate protective measures in a high-risk situation. For other older women, fear "victimizes" to an extent perhaps far greater than the incidence of actual crime. For example, the following two cases were cited by the press:

> Elderly woman, fearful of calamity striking when she puts out the trash, stores it in plastic bags in spare rooms. Shopping is an infrequent excursion for her, and she lives on candy bars supplied by neighborhood children [*Time* 1976].
>
> Elderly diabetic woman, afraid to stay in her own apartment, sits at a coffee shop counter from 9 A.M. to 6 P.M. The proprietor holds her rent money for her until due, when the mailman remits it to the landlord [*Philadelphia Inquirer* 1976].

These cases illustrate extreme reactions with the individual literally paralyzed by fear or placing herself in "house arrest" where she is isolated from social contact. Such negative reactions must profoundly influence the quality and purpose of life for these women and others like them. Fortunately, it seems that the impact of fear is not as devastating on the majority of older women.

While the intensity of fear may vary, its effect on day-to-day life cannot be overstated. In a nationwide study conducted by the Department of Justice, 58 percent of the women over age 50 answered "yes" when asked, "have you limited or changed your activities in the past few years because of crime?"

Of 52 older respondents interviewed during this project, 100 percent indicated that they feared victimization, and most stated that fear had an effect on their lifestyles. For example, one woman stated that "older folks have no business going out, they should stay inside." Another said, "I don't like staying in; I would like to go out but I won't. I am sleeping my life away." Two others responded to fear by seeking protective measures: "I always carry a stick when I go out." and "I love to walk, but I'm afraid. I'm grateful when the policeman comes with me. A policeman once came to the bank with me."

Twenty-four percent of the older women interviewed felt it was almost certain they would be victimized by some crime in the next year, and an additional 29 percent felt it was likely. When asked to elaborate on what might happen, 69 percent mentioned robbery or burglary (including purse snatching), 57 percent mentioned assault, and 14 percent mentioned rape. Ninety percent of the respondents believed that older people are more likely to be victims of robbery or burglary than younger persons, and 73 percent believed the same to be true for assault. Conversely, 65 percent believed that young women are more likely to be rape victims. Most respondents expressed fear of being out of their homes, of nighttime hours, and of young people (both male and female). Among those who reacted to their fear by using various protection measures, the vast majority focused their precautions on out-of-the-home activities. Going out with others, concealing valuables, and being watchful while traveling were common responses.

These examples from a small sample of older urban women combined with published findings serve to illustrate the extent and nature of fear and concern that prevail among this population in regard to criminal victimization. Pervasive fear and concern can have a devastating psychological effect on a population already experiencing the special problems of growing old. In addition, excessive fear can induce preoccupation to the point of obsession with protective behaviors and devices.

Protection activities all too often serve to increase anxiety rather than reduce it. One element of a security program must be an education effort designed to allay excessive fear by portraying to residents the realities of risk in their particular environments. For example, several indications of excessive or erroneous fears emerged in the interviews with project respondents in Philadelphia and New York which could be corrected as part of a security program. Respondents correctly believed that theft committed by a young offender was the crime most likely to happen to them, but they overestimated the statistical probability of such occurrences. In addition, most respondents said they felt safe in their homes and therefore focused precautionary activities to on-the-street situations. In reality, older women are also susceptible to burglary and rape in their homes and need to practice security measures there, as well.

Instead of fear, there should be concern, knowledge of reality, and use of appropriate precautions. Fear demoralizes the individual, limits her control of her environment, and reduces her independent functioning. Educated concern, on the other hand, reduces excess fear, maximizes control and independence, and minimizes the probability of victimization.

SUMMARY

This chapter examined three dimensions of the context in which prevention programs must be planned and implemented: rates of victimization of older people in relation to the general population; the circumstances of rape; and fear of victimization among older people. Comparative victimization rates offer a perspective on the extent of the problem among the older population relative to younger groups. Generally, estimates indicate that older people are victimized proportionately less than their younger counterparts, especially in regard to violent crimes, including rape.

Rape, although reported relatively less by older women, should be viewed as a crime that is greatly underreported, especially by older women, and one that has a profound and probably permanent impact on the physical and psychological well-being of this especially vulnerable population. While it may not occur in epidemic proportions, it is a crime of extreme violation and, like homicide, must be controlled through protection planning regardless of prevalence.

Fear of victimization is common among older women and, for the majority, provides an impetus to reduce activity or change to safer modes of accomplishing routine activities. Fear is especially common among poor urban women who live alone. They are, in fact, more often victimized than their peers who have more social and economic resources. The fears of the latter group may be well out of proportion to their chances of being victimized.

Fear can be negative or positive, depending upon the reactions of individuals to the perceived threat. Planners of protection programs can reduce excessive negative fear through education and training programs. In addition, they can use realistic fear to build a healthy concern about the problem of victimization and an acceptance of the need for avoidance and protection activities.

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PART TWO – PREVENTION

Chapter 3. Planning and Implementing Prevention Programs

Chapter 4. Avoidance Behavior

Chapter 5. Physical Design and Hardware

Chapter 6. Community Organization

CHAPTER 3

Planning and Implementing Prevention Programs

WHAT IS PREVENTION?

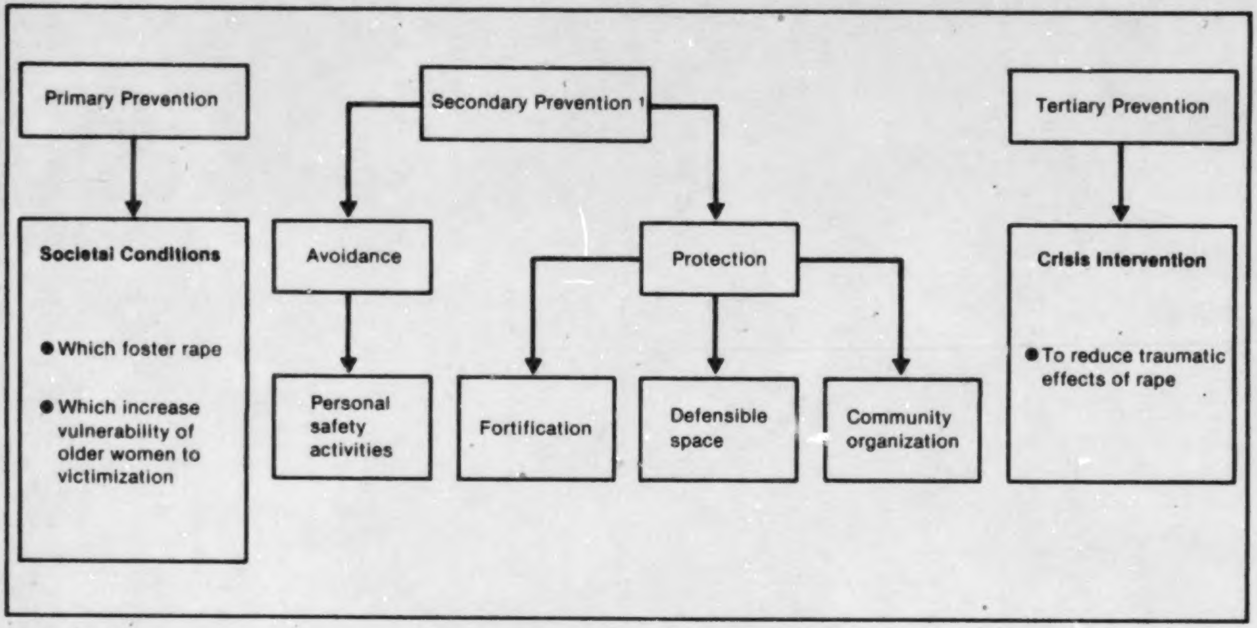
The verb "prevent" usually brings to mind actions which stop or hinder a particular incident from occurring. When prevention is used in connection with such broad concerns as illness or crime, it generally means performing activities which are designed to reduce chances of becoming ill or victimized while in a state of susceptibility. Professionals in medicine and criminology enthusiastically support the prevention approach for problem control as preferable to crisis intervention following serious illness or crime.

In the case of rape and other crimes, prevention is a term which invites the unhappy conclusion that complete success will never be achieved. All sexual assault, like all illness, will not be totally eliminated. Activities generated from the local programs suggested in these guidelines will not eradicate the crime. A realistic objective is, however, the reduction of sexual assault against certain women. Of primary concern in these guidelines are older residents in high-risk settings; i.e., those living in urban housing complexes.

For purposes of perspective, prevention activities can be broadly classified into three categories: primary prevention, secondary prevention, and tertiary prevention (see figure 2). Primary prevention is concerned with the causal factors that foster rape and with the conditions in which older women are living that make them particularly vulnerable to crime. Primary prevention activities focus on broad social issues such as parent-child relationships, juvenile delinquency, ageism, sexism, vulnerability of older women, drugs, economics, and other problems related to an environment conducive to aggressive crime. Because of the long-range nature of such social action, these issues are not the primary concern of these guidelines.

Tertiary prevention is described as crisis intervention activity performed after a rape has actually occurred. The objective of tertiary programs is the prevention of permanent physical and psychological impairment. This is accomplished by attempting to reduce the trauma associated with the rape and with followup activities, such as medical examinations, police interviews, and the judicial process.

FIGURE 2. Prevention of rape—Overview of simultaneous activities


Primary Prevention
Secondary Prevention [1]
Tertiary Prevention
Societal Conditions
● Which foster rape
● Which increase vulnerability of older women to victimization
Avoidance
Protection
Crisis Intervention
● To reduce traumatic effects of rape
Personal safety activities
Fortification
Defensible space
Community organization

[1] Focus of guidelines

Tertiary prevention, like primary prevention, is not the focus of these guidelines. Chapter 7 does, however, provide the reader with special considerations for the older rape victim in crisis intervention activities. Further, chapter 8 contains a reference list for those who may wish to seek out these services.

In contrast to general primary prevention and after-the-fact tertiary prevention, secondary prevention is the "front-line" action one takes to prevent an assault from occurring. Secondary prevention activities are those that reduce the immediate risk of assault, such as locking the door, avoiding dark alleys, increasing police surveillance, installing peepholes in front doors, and organizing an escort service for older women in dangerous areas. While it would be commendable to change all society and eliminate psychopathology so that rape would never occur, this is not a practical goal. Utilization of defensive measures is within reach of everyone.

There are two basic defense themes into which all recommended secondary prevention activities can be categorized. One is *avoidance;* the other is *protection.*

Avoidance activities are those behaviors older women themselves adopt to reduce their exposure to high-risk situations. This theme is espoused as the most important and inherently most effective of all secondary prevention activities. In the absence of appropriate avoidance behavior, all other protection measures become neutralized. For example, the best locks and security equipment available are of no value when the elderly resident fails to use them.

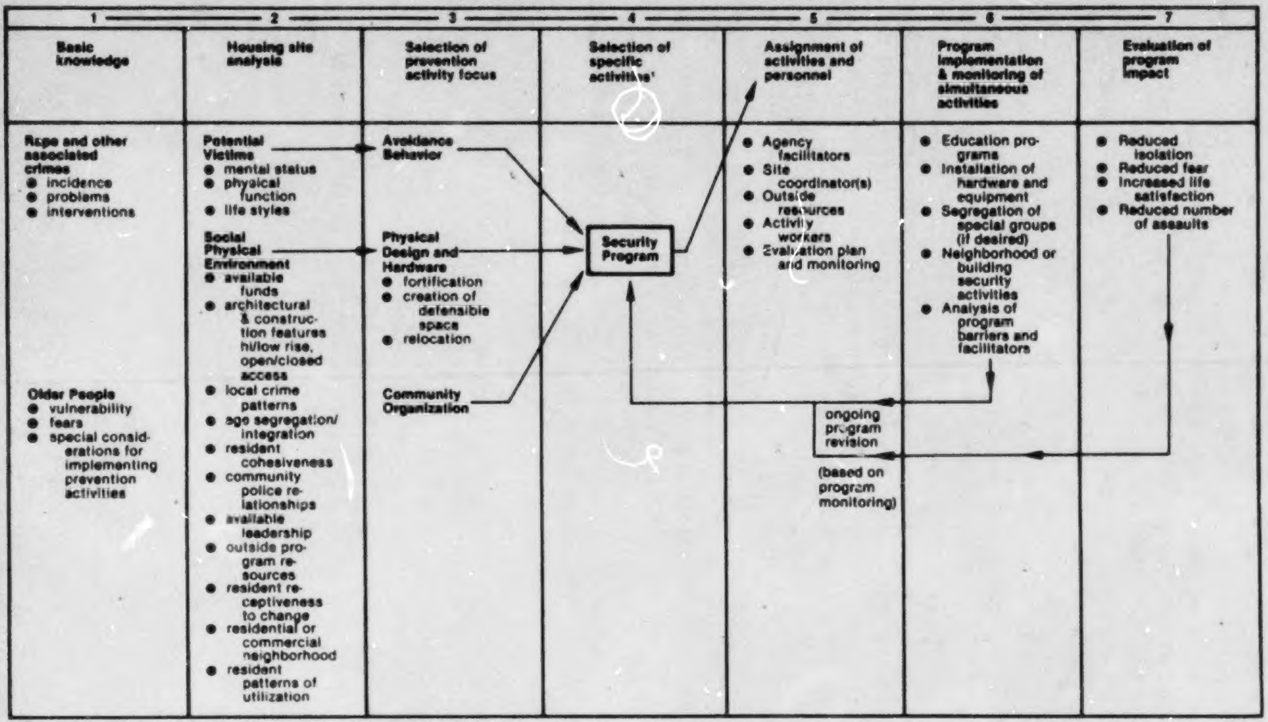
Protection activities are those programmatic activities others perform (e.g., police, housing personnel, neighbors) to protect older women from victimization. These activities include: (a) proper design of building, grounds, and hardware (e.g., locks) for fortification; (b) creation of defensible space or special placement of vulnerable residents; and (c) community organization programs which assist people in joining together to solve a common problem.

These secondary prevention activities are described and discussed in detail in Chapter 4, Avoidance Behavior; Chapter 5, Physical Design and Hardware; and Chapter 6, Community Organization. Careful security program planning includes selecting a variety of both avoidance and protection activities which together form a suitable system for a particular housing site.

A PLANNING MODEL FOR DEVELOPING SITE SPECIFIC SECURITY PROGRAMS

Figure 3 illustrates a step-by-step model for security program planning and continuing development.

FIGURE 3. Planning model—Security program development



1 Basic knowledge	2 Housing site analysis	3 Selection of prevention activity focus	4 Selection of specific activities[1]	5 Assignment of activities and personnel	6 Program implementation & monitoring of simultaneous activities	7 Evaluation of program impact
Rape and other associated crimes ● incidence ● problems ● interventions **Older People** ● vulnerability ● fears ● special considerations for implementing prevention activities	**Potential Victims** ● mental status ● physical function ● life styles **Social Physical Environment** ● available funds ● architectural & construction features hi/low rise, open/closed access ● local crime patterns ● age segregation/integration ● resident cohesiveness ● community police relationships ● available leadership ● outside program resources ● resident receptiveness to change ● residential or commercial neighborhood ● resident patterns of utilization	**Avoidance Behavior** **Physical Design and Hardware** ● fortification ● creation of defensible space ● relocation **Community Organization**	**Security Program**	● Agency facilitators ● Site coordinator(s) ● Outside resources ● Activity workers ● Evaluation plan and monitoring ongoing program revision (based on program monitoring)	● Education programs ● Installation of hardware and equipment ● Segregation of special groups (if desired) ● Neighborhood or building security activities ● Analysis of program barriers and facilitators	● Reduced isolation ● Reduced fear ● Increased life satisfaction ● Reduced number of assaults

[1] See chapters 4, 5 and 6 for specific recommended prevention activities.

Step one is the acquisition of *basic knowledge* for understanding the nature of the crime and the criminal that the program will be designed to protect against. Military strategists have long appreciated the value of understanding the "enemy" and his tactics, in this case, the rapist and rape. Chapter 2 in these guidelines addresses this aspect of basic knowledge. In addition, a number of citations in the bibliography lead the reader to a number of resources on sexual crimes. Another facet of basic knowledge is an acquaintance with characteristics of the population targeted for special attention. Sensitivity to the special fears and vulnerability of the middle aged, the old, the very old, the frail, and the mentally confused and physically disabled is important. In addition, there are special considerations in working with an older population which the reader will find pertinent to program planning. Discussions of these special considerations regarding older women are found in this chapter and in chapters 4-6.

Step two in the planning model is an *analysis of housing site characteristics*. This activity is strongly recommended to ensure that appropriate choices are made in determining the focus of crime prevention activities. A list of basic considerations is provided which can be used to the extent to which critical program prerequisites exist. For example, if no funds are available for equipment additions or physical renovations, then fortification and creation of defensible space would be inappropriate choices. If resident cohesiveness and community-police relations are both poor, there would be severe handicaps in generating a community organization program.

The third step in the planning model is the selection of *prevention activity focus* (avoidance, protection, or community organization). The planner, after analyzing the pros and cons particular to his or her site, may decide to focus primarily on one area, or equally on two or three. Once the focus is established, *specific activities* are selected and prioritized. The net result is a balanced *security program* which addresses itself to the potential victim (avoidance) as well as to manipulation of the social and physical environment (protection and community organization).

Steps five, six, and seven list major activities for carrying out the security program once it has been carefully planned. An agency administrator should be responsible for the assignment and continuous monitoring of activities, personnel, and other resources.

It is strongly recommended that a monitoring and evaluation plan be adopted in the initial activity assignment phase (step five). Formal and informal evaluation is necessary for an accurate understanding of the program success or failure, problems, barriers, and facilitators. Other uses of evaluation include accountability to funders and justification for continuing or changing certain aspects of the program.

One approach to evaluation is quantitative; i.e., the evaluator makes a before and after comparison on volume of change, increase in use of equipment, or adoption of an avoidance behavior. For example, if 100 new dead-bolt locks are installed on residents' doors and, after 2 months, 90 percent of the residents are using them properly, the program is 90 percent successful; or, following relocation of older persons into one area and limiting access, the incidence of rape has decreased.

A qualitative evaluation can also be made. This type of evaluation measures the impact of the program as reflected by changes in the residents' life satisfaction, fear level, or social functioning. For example, 100 new dead-bolt locks are installed on residents' doors; 90 percent of the older residents use them properly, and because they do, they feel less afraid.

During program implementation, it is recommended that in addition to measuring program success, regular monitoring of activity barriers and facilitators be informally conducted and results recorded. This information combined with evaluation results can be used continuously for feedback in redesigning the overall security program.

PLANNING CONSIDERATIONS: ISSUES AND RECOMMENDATIONS

As illustrated in the preceding planning model, it is first necessary to analyze the characteristics of the potential victim and the site targeted for a security program. Each site, with its own particular older population, setting, neighborhood, and available services and resources, requires a highly individualized security program. It is necessary to draw on the strengths and compensate for the weaknesses of that physical and social environment.

A number of questions or issues arise during such a site analysis which, when resolved, should lead to successful program planning. These questions can also become very difficult to resolve for the simple reason that they represent controversial issues surrounding services for older people and crime control in general. As opinions differ widely, so do solutions and preferences depending upon the perspective of the decisionmaker involved. It became clear during the course of this project that there are as yet probably no correct answers to security and service questions. There are only choices which balance opposing viewpoints. The problems and recommended solutions discussed here represent the collective position or choices of the project authors and contributors.

Considerations Regarding Potential Victims

Issue: Level of anxiety. While awareness of danger may produce a positive stress, it may also produce excessive anxiety in a population already fearful and sensitive to crime statistics. If the anxiety created by a program is positive, the older resident will probably put into practice some avoidance hints. If it is in excess, the older woman might react by isolating herself, or she may even deny the problem and become more vulnerable than ever before. There is a fine line between arousing concern for safety and alarming her to the extent that she becomes immobilized by fear.

Recommendations. Educational programs should be presented which portray a realistic objective picture of the crime problem relative to older women. Low probability of being raped should be stressed but so should the importance of being alert and careful. It is wise to avoid relating frightening reports of what happens to older women who are raped. Available data indicate that rapes of older women usually take place during a burglary (Schafer 1974). If the program focuses on burglary prevention, the majority of rapes may be avoided as well.

Indoctrination or planning sessions on community organization or use of hardware should have the same low-key approach. Using scare tactics on this already frightened population is likely to be counterproductive.

Issue: Resistance to rape avoidance program. Older women are just as likely as the rest of the population to believe that rape is not a relevant issue for the upper-age groups. If this is their perception, they may have little interest in a rape avoidance program. Project experience during presentations and interviewing revealed that if rape was mentioned to older women before considerable verbal preparation, reactions indicating shock and disbelief occurred. Comments such as "that doesn't apply to me," "who would rape an old woman," or "don't be ridiculous" were commonplace.

Recommendations. First, an educational program is necessary which objectively explains the older woman's vulnerability to victimization. Second, educational programs should be geared to avoidance of all crime, not *just* rape.

Issue: Safety versus independence. Closely related to the issue of anxiety level is the issue of safety versus independence. Many older women are already coping with limitations to their independence due to physical and social changes which occur as part of the aging process. Additional restrictions for safety could have negative psychological effects.

Recommendations. A goal of a rape avoidance and protection program must be to maximize the older woman's potential for independence. In order to accomplish this, avoidance behaviors that can be practiced within existing routines should be stressed (if existing routines are appropriate). Emphasis should be placed on how to do things rather than what to do. For example, it is better to suggest "whenever possible, walk with others," rather than "do not walk alone." Also, older women should be encouraged to give up only those activities and routines that are clearly unsafe.

Issue: Isolation versus participation. This issue is similar to that of safety versus independence. It is important to remember that "locking-in" an older woman to keep her safe is an undesirable outcome of a security program. Participation in activities outside the living unit is essential to the continuing life satisfaction of people at all age levels. Many older women are already faced with life events and anxieties which have caused their participation to diminish, e.g., death of friends, health problems, and fear of crime. While an avoidance program which focuses on isolation may keep them safe, it will contribute to a disengaging lifestyle.

Recommendations. Older women should be encouraged to operate within existing patterns of socialization, provided that these practices are reasonably safe or that they can be made safer. For example, if an older woman routinely leaves her living unit and crosses a wooded park alone to visit a friend, she not only makes her apartment more vulnerable to burglary by leaving at the same time each day, but also makes herself more vulnerable to rape or robbery by poor travel patterns. She should not be encouraged to give up the visit, but to take a safer route and go at different times.

Issue: Mental and physical function. Health status, both mental and physical, is perhaps the single most important consideration in designing avoidance and protection activities. It is clear that activities appropriate for a very active, involved, and "normal" population will differ greatly from activities for the wheelchair-bound, the mentally retarded, the alcoholic, and those older women with organic brain syndrome. As repeatedly stressed throughout these guidelines, limitations in physical and mental health are associated with advancing age and therefore make many older women more vulnerable to victimization. There are, of course, degrees of limitation and degrees of vulnerability.

Recommendations. Both judgement and the extent to which the older woman is able to control and manipulate her environment through physical function are the measures to use for planning a security program. Generally speaking, those with poor mental function will benefit more from formalized protection than from avoidance behavior or from participation in a community organization program. The content of programs should be adapted so that these older women can learn as much as possible about avoidance and personal safety. In the case of the physically limited, provisions must be made in the security program for ease in use of hardware and equipment. The plan should also include environmental and social aids.

Issue: Heterogeneity of middle-aged and older women. This is a particularly sensitive and necessary issue for consideration in planning an overall approach to working with older women as a group. Many older women do not perceive themselves as belonging to a homogeneous group based on membership in a certain age cohort. In addition, many women over 60 or 65 resent being categorized as elderly for any reason. However, as pointed out in chapter 1, women over 50, just like women of all age groups, share life events and physical changes which commonly affect their vulnerability to victimization. While older women are generally regarded as easy prey, all available data indicate that they are victims of the sex offender far less than younger women.

Recommendations. It is necessary when designing avoidance and protection activities to take into consideration the common physical and social characteristics of older people. The approach to this population is through stressing common lifestyles and common problems rather than membership in a common age group. An objective statement that the incidence of rape is greater among younger women than older women should serve to allay excess fear. Methods for protection against rape should be made explicit but subsumed into a more general crime avoidance program.

Issue: Acculturation. Depending upon age and socioeconomic characteristics, some older women are unfamiliar with social services, community organization programs, and help from "outside" resources. They may subscribe strongly to the value that people fend for themselves and solve their own problems. These women are probably more comfortable with crisis-oriented services versus prevention-oriented programs. It may be difficult for these older women to suddenly cope with increased security services or mutual-help programs.

Recommendations. All persons who make up the service support network in the community should be made aware of the special problems of older people, specifically in regard to acceptance of unfamiliar programs, vulnerability, and impact of victimization. Program activities should be geared to older people who hold conservative values regarding outside help. It might also be necessary to familiarize potential victims with the possible benefits of participation in mutual-help programs.

Considerations Regarding Organizational Structure

In addition to the problems that must be considered in planning security programs with regard to potential victims, there are other problems which relate to the organizational milieu in which the security programs will be designed and implemented.

Issue: Key actors and roles. Who are the key people who will make a security program possible? And who will do what? At the very least, the program will require a sponsor, a coordinator, and resident participants. Availability and abilities of personnel involved may dictate the focus of the program. The coordinator, who also often functions as planner and implementer, is the key actor in the prevention activities. People usually available to fill this role include housing managers, social service staff, residents, or perhaps volunteers. If funding permits, special personnel can be hired for a security program, such as the community security organizer who is employed in a turf reclamation program (see chapter 6). These individuals have been characterized as being "somewhere between organizers, cops, social workers, and Dear Abby" (U.S. DHUD 1976). They coordinate, initiate, and encourage older residents to participate in specific activities. In addition, they may organize other residents, such as the teenagers, into a Youth Security Patrol for peer control of problematic youths.

Recommendations. The program coordinator does not have to be an expert on rape, hardware and locks, avoidance behaviors, or community organization. Capability in making appropriate contacts with outside resources is necessary as well as skill in program administration, including follow-through. For example, if avoidance behavior and fortification are to be the security program focuses, the coordinator needs to contact the police department to request an educational program for older residents and a security survey of the building. Once the input has occurred from the outside source, the program coordinator must follow through by reinforcing behaviors and arranging for installation of recommended hardware. It is important for the coordinator to be located at the housing site and to have a good knowledge of the residents, crime patterns in the neighborhood, and available resources.

Issue: Responsibility for protection. The question of who has primary responsibility for the safety and protection of older women living in multi-unit housing is basic to planning a local security program. Is it the resident herself, the housing manager, the police, or someone else?

Recommendations. The philosophy and policy of responsibility in each site and situation must be established individually. It is recommended that the differential roles of all persons involved be defined from the onset of program planning. It is also recommended that emphasis be placed on "internal" activities, that is, reliance on individual avoidance behaviors and local protection activities rather than primary reliance upon police protection. The special abilities and limitations of residents, housing staff, and outside resources will all have to be balanced in considering appropriate roles for key people.

Issue: Funding. Funding is always a crucial consideration in program planning. Protection activities such as fortification and creation of defensible space are very expensive in both time and equipment. Even education and training-oriented activities which stress individual avoidance behavior and community organization are costly. At the very least, staff time is involved. It is clear that the policies of the funding auspices will have a major impact on the security program.

Recommendations. The program coordinator must take great care to plan realistically within the economic constraints of the particular sponsor and site. Programs designed but not implemented due to lack of funds can have a negative effect on resident morale and feelings of safety. This is not to say that persons concerned with the safety of older residents need not try to influence funding policy. For any security program, housing management must at some point make a financial commitment to the security of residents. Another alternative to ease funding barriers is a cost-sharing arrangement between management and resident; but this is not likely to be the best solution for older women, many of whom live in poverty or near poverty.

Issue: Policy on age segregation. Age-segregated versus age-integrated housing is one of the most controversial issues in the field of gerontology. Currently, most older women live in public and private age-integrated housing; some live in age-segregated senior housing or public housing. One viewpoint is that age integration is the preferred living arrangement for older people because it promotes social interaction and provides more service supports (Rosow 1962). This position has been contested by others who cite a clear correlation between safety and age segregation, especially in public housing (Sherman 1975). Proponents of age segregation in congregate housing argue that young people commit most crimes; access to an age-segregated building can be easily controlled; and young outsiders can be readily identified and legitimately questioned regarding their activities (Newman 1976).

The question is "should older women be housed in a protective environment and be safe even though it may interfere with their social interests?" The dilemma reflects issues discussed earlier: "safety versus independence," and "isolation versus participation."

Recommendations. Ideally, older women should have the opportunity to select their preferred mode of housing—either age segregated or age integrated. When this is not possible, degrees of segregation can be a satisfactory compromise. In this arrangement, older people are located in close proximity to other age groups but are protected by limited accessibility to their individual living units through fortification or defensible space (see Chapter 5, Physical Design and Hardware).

If total age integration is necessary or desired by the older residents, a concentrated effort should be made to implement an effective security program within the building, especially in high-crime areas.

Issue: Policy on building accessibility. Literature on crime prevention and victimization of the elderly has indicated that limiting access to a building is the single most important element in a protection program. Several reasons are cited: First, all persons entering the building can be screened and the legitimacy of their activities determined; second, centralizing security efforts at one entrance is more economical than a diffuse approach; third, systematically observing persons upon entrance to a building greatly reduces their chances of remaining anonymous—a factor of extreme importance to potential offenders.

Buildings with open access have, in effect, open space equivalent to public streets. Because available data show that an older woman is often raped within her own home (Schafer 1974), limiting building access would provide an important front line of defense against rape.

Recommendations. Although it is initially expensive, limiting access to living units is strongly recommended. Specific activities are outlined in Chapter 5, Physical Design and Hardware, and also in Chapter 6, Community Organization.

Issue: Resistance or Apathy. There is one final issue which affects all other considerations—apathy or indifference toward sexual assault and rape prevention on the part of housing managers, administrators, service providers, police, and others in positions of authority. Erroneous perceptions of the real threat of rape to the older woman commonly exist, and reports of sexual abuse are often dismissed as the fantasy of a senile mind. This type of attitude can have a devastating impact on rape prevention activities with regard to program funding and the day-to-day conduct of security activities.

Recommendations. Support by persons in key positions should be established at the outset of planning a security program. If resistance or apathy regarding rape constitutes a barrier, programing for general crime prevention, including rape, will be a useful approach. Overall reduction in victimization of older people is a worthy goal and one which is currently receiving considerable publicity. Educational activities specific to rape may be included as part of the general security program.

In this chapter, we have discussed the concept of prevention and focused specifically on the avoidance and protection activities associated with secondary prevention. We have also presented a generic model for use in planning and implementing a security program within any housing site. Finally, a series of controversial issues are raised regarding the potential rape victim and the organizational aspects of planning a successful prevention program. Consideration and resolution of each of these important factors are strongly recommended as a prerequisite to selecting appropriate activities for a security program.

Chapters 4, 5, and 6 focus on the specific activities for: (a) avoidance of rape, (b) physical design and hardware for a protective environment, and (c) community organization methods which promote mutual help patterns within housing sites.

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CHAPTER 4

Avoidance Behavior

DEFINITION

As illustrated in chapter 3, avoidance and protection are the two major components of preventing sexual crimes against older women. Avoidance behaviors are those personal activities and habits practiced in order to avoid dangerous situations and subsequent confrontation with an assailant. Where protection implies mutual help activities or provision of fortification, avoidance is practiced by the individual with minimal outside assistance.

Activities which constitute avoidance behavior can be divided into several different types as described below.

Separation Activities

These are behaviors which keep the older woman physically separated from dangerous situations. It is clear that if the individual rarely leaves her living unit and seldom unlocks her door, her chances of victimization are lessened by her reduced exposure. She may feel and actually be safe, but her quality of life is likely to suffer at the expense of a sense of safety.

As discussed in chapter 3, total isolation for the sake of security is an extremely negative outcome of concern and fear. Media coverage confirms that this unfortunate reaction occurs all too frequently, as illustrated by the story of an 87-year-old woman who only leaves her apartment on Monday mornings when she goes food shopping with a male friend who is armed with a cane and a knife (*New York Times* 1976).

Some separation activities are necessary and can be appropriate when tempered by reason and used in combination with the other avoidance activities.

Privacy Activities

Privacy means limiting the amount of personal information one shares with others. Privacy behaviors are those practices which will make the vulnerable person less obvious to a potential assailant. For example, using initials rather than a first name in the telephone book and on mailbox listings does not reveal the sex of the occupant or the fact that one lives alone. Similarly, by varying routine activities and travel routes, an older woman can make herself less conspicuous to someone seeking a predictable victim.

A well-known problem for many older people is loneliness. Lack of social opportunities and long hours without companionship may serve as an impetus for some women to unintentionally volunteer personal information to strangers, either over the telephone or through casual conversation. Keeping one's personal business from untrustworthy or unknown individuals is a matter of commonsense and of vital importance in preventing a rape situation.

Precautionary Activities

Assuming the older woman does not isolate herself by using only separation activities, she will be exposed to many potentially dangerous situations, particularly if she lives in an urban environment. The practice of precautionary activities can help her avoid victimization. These activities are especially important because they are the main line of defense when the individual is not sheltered by locks, neighbors, guards, or other protective measures found in housing sites. Some examples are having one's keys ready when approaching home or automobile, avoiding dark areas, and traveling with a companion. Other specific activities are recommended in tables 8, 9, and 10.

Self-Defense Activities

If avoidance through separation, privacy, and precaution have failed to prevent a real or threatened confrontation, one can still avoid victimization through self-defense. There are two degrees of self-defense—one is associated with a perceived threat and the other, with an imminent attack.

An example of a perceived threat is an older woman leaving the hairdresser to return home and realizing she is being followed. In order to avoid a possible attack, she may reverse her direction or enter a nearby business to seek aid.

If an attack seems imminent, a quick reaction is essential. Several approaches to self-defense have been suggested in interviews and in the literature. Many police officers and rape prevention experts think that a loud noise is effective and usually sufficient to shock an assailant and provide an opportunity for escape. Suggestions include a freon horn, a scream of "fire" (not rape), or a police-type whistle. Other experts believe that physical self-defense is necessary. Techniques range from scratching the attacker's face with keys or kicking him in the shin or groin, to sophisticated use of martial arts (Jamaica Program 1973; Metro's Program, no date; SER-MDTA Project 1973; Queen's Bench Foundation 1976; Women Against Rape 1971; Conroy and Ritvo 1977).

In contrast to the aggressive approach, passive or nonaggressive resistance may have considerable merit and success (Storaska 1975). Nonaggressive resistance can encompass many different kinds of behavior on the part of the potential victim. She may state, "I have an incurable illness, a contagious disease," feign bizarre behavior such as seizures, or attempt to disgust the assailant by urinating or defecating. It is fundamental that the victim attempt to maintain a "calculated cool." She may also attempt to reason with her assailant in a display of honest concern for his problem and misdirected hostility.

ADVANTAGES AND DISADVANTAGES OF AVOIDANCE BEHAVIORS

Of the four types of avoidance behavior discussed, privacy and precautionary activities are the most important to stress in educational programs for older women. Privacy and precautionary behaviors assume that older women, like younger women, lead or want to lead active lives in the community. The purpose of older women learning avoidance activities for use outside the home is to increase their confidence and maximize their independence and participation in society.

An emphasis on separation from the "hostile environment" as a solution to victimization or fear of victimization is not recommended. This type of isolation is unhealthy and could heighten fears when it becomes necessary for the individual to confront the world outside her basic living unit.

The importance and value of avoidance behavior have been emphasized by several research efforts. Early results of an Oregon study on crime prevention and older persons indicated that victimization occurred twice as often to those who had not taken precautionary measures (Rifai-Young 1976). In examining the circumstances surrounding rapes in several urban areas involving women over age 50, Schafer states that rational apprehension and precautionary behavior might have prevented many of the assaults

(Schafer, no date). A study of 30 similar cases by our own project staff in New York and Philadelphia supports this premise.

Avoidance behavior can also serve as a positive approach to older women learning to overcome a threatening environment. The use of these techniques, especially those not previously considered by the individual, is a rational approach to reducing the potential for victimization, increasing confidence, and reducing fear (Lipstein et al. 1977). However, if avoidance behavior is repetitive, overstated, or the emphasis placed on separation from society, what might have been a positive approach to independence may result in increased or irrational fear and isolation.

The focus of these guidelines is on avoidance and protection to prevent reaching the confrontation stage of rape. Avoidance is, however, still possible even when the victim is face to face with a rapist. It should be pointed out that appropriate confrontation behavior for women, and especially for older women, is a topic of great controversy among individuals from law enforcement agencies, rape centers, gerontological agencies, treatment centers for rapists, the feminist movement, rapists, and potential victims.

Proponents of active and aggressive physical resistance hold the view that many older women are capable of using martial arts successfully, if properly trained. Several men convicted of raping women over age 50 were interviewed and disagree with that opinion. They unanimously stated that "fighting back" is likely to result in severe physical harm to the victim. Law enforcement personnel tend to support that point of view.

In the absence of data giving hard, age-specific evidence on the pros and cons of this issue, we have taken the position that active and aggressive physical self-defense is definitely not advisable for most older women. This is a generalization and, of course, applies differentially to women depending upon the following critical variables: (1) working skill in self-defense techniques, (2) physical condition: health, strength, and size, compared to the rapist, and (3) circumstance conducive to using aggressive resistance (e.g., element of surprise, help nearby).

We believe that only skilled women in good physical condition should even attempt an aggressive defense and then only when the opportunity presents itself to surprise and overpower, not struggle with, the assailant.

It is unfortunate that it may be in the best interests of a woman being raped not to actively defend herself. Although the assailant may be "getting away with it," this must remain a secondary consideration. The woman must act first in her own best interests. While she has a right to defend herself, she also has a right to do so with passive resistance or to not resist, without guilt, just as she probably would do if she were being robbed. Any woman has the right to escape from any assault with as little injury to herself as possible. Unskilled and indiscriminate physical protesting by most older women is not likely to be effective against a young male. Furthermore, in antagonizing an already aggressive, hostile rapist, she risks the consequences of a severe beating or loss of life. It is unfortunate that police and juries currently must look for signs of physical resistance to legally "prove" a rape.

RECOMMENDED AVOIDANCE ACTIVITIES

Tables 8, 9, and 10 summarize specific avoidance activities. Separation, privacy, precautionary, and self-defense behaviors are combined and applied to locations in which activities are likely to occur. Many actions are intended to prevent burglary, robbery, or larceny. Since in the case of older women rape is often associated with theft, protecting against contact with a thief may also prevent a rape.

These recommendations can be presented in formal or informal educational programs and training sessions to older women or those concerned with their well-being. Note that the terms "older," "elderly," or "middle-aged" are not directly used in activities, even though the suggestions are geared specifically for these age groups. Many older people resent being classified by age. Stressing old age as a reason for additional or special precaution could result in apathy or even hostility among members of the audience.

SPECIAL CONSIDERATIONS FOR OLDER WOMEN

Knowledge of avoidance behaviors should serve to stimulate commonsense recognition of dangerous situations and performance of activities which deter potential assailants, including thieves, who may escalate their stealing to assault and rape. Presenting materials which will effect changes in lifelong patterns and habits may be particularly difficult with some older women. There is a general notion that advancing age is associated with the decreasing ability to learn new things, not because of reduced capacity to learn, but because of prior learning which will persist even when demonstrated to be erroneous. Research on the learning "rigidity" of older people has not been conclusive, but in general it does not support the belief that a significant difference exists in the ability

TABLE 8. Avoidance behaviors—Living unit

(NOTE: Activities should be selected for the specific population or individual. Not all are appropriate to all situations.)

Don't advertise living alone

a. Use initials on mailbox, in phone book—add dummy name.
b. If alone and the doorbell rings, call out as though to someone there, "It's OK John, I'll get it."

Living unit should always look occupied

a. Notify neighbor if going away—ask to collect mail, papers, etc.
b. Don't pin notes to door.
c. Leave radio on; use timer for lights.

Use of hardware (locks and security devices)

a. Keep doors and windows locked.
b. Use peephole.
c. Change locks from former tenant.
d. Never hide key—give it to a friend or management.
e. If key is lost, change lock.
f. Never put address on keyring.

Use of telephone

a. Have a friend check daily at specific time, use verbal code to indicate if something is wrong.
b. Have the telephone near bed.
c. Have emergency numbers near the telephone.
d. Never reveal personal information on telephone: plans, that you live alone, your schedule, name, or address.
e. Report obscene phone calls to police.
  1. Blow whistle into receiver.
  2. Tap mouthpiece and say, "Operator—this is call I wanted you to trace."
f. If a telephone call is received and caller hangs up, it may be someone checking if home is occupied. Take special precautions.

Valuables

a. Engrave valuables with special security number (Operation Identification) and post decals on doors and windows.
b. Deposit and keep money in bank.
c. Don't keep large amount of cash in home.
d. Keep valuables out of view from windows and door.
e. Do not display firearms or other weapons on the wall.

Opening the door to strangers

a. Don't rely on chain for identification of visitors, use peephole or intercom.
b. Require identification from anyone unknown—utility men, maintenance men, repairmen, real estate appraisers, persons conducting a survey, police, or others; pass ID under door and thoroughly check credentials. When in doubt—check with company by telephone before admitting.
c. If stranger requests use of telephone, regardless of reason or "emergency," offer to make call for him while he waits outside of locked door.

TABLE 8—Continued

If intruder is suspected

a. If awakened, pretend to sleep and stay in room.

b. Try to retreat without being seen.

c. If confronted, do not antagonize, remain calm, use your wits to avoid serious injury and observe description.

Know neighbors—work out procedure for alerting each other in case of emergency

TABLE 9. Avoidance behaviors—Building

Always have key in hand before reaching building or living unit entrance.

Avoid deserted areas when alone—stairways, laundry room, trash, storage, garage.

Don't overload with bundles—Be prepared to drop them quickly if necessary.

Avoid or use caution when getting into an elevator with a stranger. While in elevator, stand near the control buttons and push for main floor or emergency if concerned.

If someone suspicious is watching when resident leaves the apartment, or following resident within the building—Resident should call to a mythical companion in a living unit, e.g., "Take the cake out in 10 minutes, George," or "It's me, John."

If resident believes her living unit has been entered in her absence, she should *not* go in to investigate, but seek help from building personnel.

If accosted in the building:

a. Noisemaking will probably be effective. She should yell "FIRE!" not "RAPE," or use a whistle or freon horn.

b. Try to reason or use nonagressive self-defense with the assailant—avoid serious injury.

TABLE 10. Avoidance behaviors—Community

While on the street

a. Don't walk alone.
   1. Use buddy system.
   2. Don't shortcut through vacant or parking lots.
   3. Stay away from doorways and shrubbery.
   4. Walk near curb, facing traffic.
   5. If car appears to be following you, reverse direction.
   6. Avoid streets in unfamiliar neighborhoods.
   7. Vary route in going to store, coming home.
   8. If afraid on sidewalk, walk down middle of street (cautiously flagging traffic if necessary).

b. Talking to strangers
   1. Extreme caution should be exercised when strangers ask directions or offer to carry packages home. Unknown helpers should not be permitted within the living unit.

TABLE 10—Continued

c. Always look and be alert to surroundings.
   1. If circumstances seem threatening, avoid walking through group of men; cross street or walk around them.
   2. If approached, look for lighted windows, wave and shout upward as though someone is watching.

d. Carrying valuables (Personal larceny can lead to assault. In addition, if you lose your handbag, your address and other personal information become available to a potential assailant.)
   1. Keep valuables next to body and carry on side away from street.
   2. Carry minimum of cash.
   3. Carry money in two places—use shoe or bra besides pocket or handbag.
   4. Don't overload self with packages, keep hands free, be prepared to drop.
   5. Don't hang bag on hook in public bathroom.
   6. Keep bag tightly in grip in stores and market.
   7. If you think someone might take purse, drop it in nearest mailbox—it will be returned to you if you have proper identification.
   8. Never wind purse strap around wrist (if grabbed, you can be pulled down and injured).
   9. If someone tries for purse, throw it in street, let it go, or turn it upside down and let contents fall out.
   10. Insert comb in wallet with teeth up to prevent easy removal.
   11. If purse snatched—beware of phone call giving information where to retrieve it or asking personal information. Police should be contacted for advice.
   12. If possible, do not carry a purse at all.

e. Know location of police call boxes, buildings with doormen on duty, all night stores, and "Safety Spots."

f. When going out to visit, call ahead to tell mode of transportation and estimated time of arrival.

g. When returning home with companion or taxi driver, have them wait until you are safely inside.

h. If accosted on the street:
   1. Make noise if anyone else is around.
      Yell "FIRE" not "RAPE" or "HELP" (people tend to respond quickly to "FIRE" perhaps because it does not call for immediate personal involvement).
      Have a whistle in hand on a key chain—*not around* the neck—blow loudly and repeatedly.
   2. If being knocked down appears imminent, it is preferable to fall purposely to reduce injury.
   3. Try to avoid serious injury.

While in transit

a. Travel with a companion when possible.

b. While riding or waiting for transportation conveyances, stand erect and alert with feet apart in a balanced position.

c. While waiting in lonely or dimly lit subway and bus stop:
   1. Keep back to wall to avoid being approached from behind.
   2. Always have a token or change ready.
   3. Try to sit near the driver.
   4. Sit in a populated subway car, near the conductor if possible.
   5. Avoid deserted stops whenever possible.
   6. If frightened or being followed, don't get off at the normal stop; continue to a busy stop, get off, and find help from the booth attendant or local merchant.

TABLE 10—Continued

While using an automobile

- a. Key in hand when approaching car
  - 1. Keep car key on a separate chain—separate from house keys.
  - 2. Leave only ignition key with attendant.
  - 3. *Don't* put name/address on keys.
- b. Drive with doors locked and windows rolled three-quarters up.
- c. Put valuables on floor out of view.
- d. Never pick up hitchhikers.
- e. Always have at least one-fourth tank of gas in car.
- f. Disabled car:
  - 1. Raise hood, tie white cloth to aerial or doorhandle.
  - 2. Stay in car—do not get out, ask interested motorist to call police.
- g. At night
  - 1. Always park in well-lit area.
  - 2. Use escort to car in dark.
  - 3. Always check backseat and floor before entering; use flashlight if necessary.
- h. If disabled vehicle or person in distress is noticed:
  - 1. Don't stop.
  - 2. Note location and stop at first safe telephone to call police.
- i. Don't leave personal information in car.

Special tips for banking

- a. Bank by mail if possible.
- b. Deposit checks soon after receipt.
- c. If walking to the bank is necessary, resident should go with a companion varying route and time of deposit.
- d. Cash should be put away—out of sight—before leaving cashier's window.
- e. Residents should utilize agency services for direct deposit whenever possible.

to learn between young and old or that older people are more rigid and cannot learn new performance patterns (Botwinick 1973). What has been suggested, however, is that older people are slow to perceive new information because of normal visual and auditory sensory losses and other neurological changes. Additionally, the older person may not be ready to translate what is learned into changed or modified behavior because of negative beliefs regarding the usefulness of avoidance activities, feelings of hopelessness, and other problems with motivation.

These factors have implications for the manner in which new material is presented. It should be relevant to the particular audience and presented at a pace and volume and in a style which can hold the interest and be readily absorbed by those with sensory deficiencies.

Another consideration special to an older population is the mental status of those who must perform avoidance behaviors. Activities should be carefully selected to fit the competence of residents who are retarded or suffer from organic or functional disorders. Most people who live within the community are able to understand, learn, and perform simple activities such as never going out alone or locking a door. Care must be taken to ensure that avoidance behaviors for effectiveness in preventing rape are not too complex and do not rely too heavily on the memory of these vulnerable potential victims. Depending upon the population, protection activities such as fortification and creation of defensible space may have to be the major focus of a security program. It is probably preferable to put emphasis on avoidance behavior for the mentally confused or retarded.

The adverse effects of an avoidance education or training program are a third consideration. Many of the suggested activities are based on general distrust of strangers, and continuous, unrelenting suspicion is often encouraged as a premise for self-protection. However, if such an assumption regarding the universal "badness" of people is stressed, it will contribute to an already high level of fear of victimization which exists among the elderly. Therefore, programs should emphasize that some suspicion is necessary but that most people are trustworthy, and cautious behavior will protect against the few who are not.

A final issue is that of promoting the concept of individual responsibility for protection through avoidance behavior in a population which may believe that police protection is the only meaningful answer to the crime problem.

Among 54 women over age 55 who were interviewed by project staff, two-thirds felt that something could be done to prevent "criminal attacks." Of those, only 32 percent mentioned personal avoidance activities when asked how the attacks could be prevented; whereas, 56 percent mentioned increased police surveillance, better courts, and more help from outsiders, such as family members and housing personnel.

If this finding reflects the viewpoint of older women in other urban settings, it is strongly recommended that the importance of avoidance as the first line of defense be made very clear at the outset of any educational or training effort in crime prevention.

Unfortunately, some older people and individuals concerned with controlling crime against the elderly believe that criminals will continue to find ways of preying upon the weak and lonely regardless of the use of avoidance behaviors. We believe that, while rape and other crimes will never be totally eliminated through the use of secondary prevention activities, the incidence of such crimes will be reduced against those potential victims who practice appropriate avoidance and protection activities.

By learning and using separation, precautionary, and self-defense activities, older women can avoid the settings and circumstances which leave them vulnerable to victimization.

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CHAPTER 5

Physical Design and Hardware

DEFINITIONS

A secure physical design and adequate hardware are essential components of any crime prevention program. A good floor plan together with sturdy locks, window guards, alarms, other protective devices, and proper lighting serve two important purposes: (1) enables identification of outsiders by residents and (2) prevents the entry of unauthorized persons. Since rapes of older women are often associated with illegal entry of their homes, well-planned and well-maintained residential hardware is imperative for protection.

Oscar Newman, in his *Design Guidelines for Creating Defensible Space* (U.S. Dept. of Justice 1976) and other publications, has set forth the concept of defensible space, summarized work from many sources, and suggested several additional approaches for improving the safety of living units and buildings through physical design and hardware.[1] This chapter of the guidelines draws heavily on Newman's material and organizes the same ideas in the perspective of congregate urban housing sites, where older women are likely to reside.

Four basic approaches for improving the safety of dwelling units are: (1) fortification, (2) defensible space, (3) relocation, and (4) surveillance by security personnel. Each approach is characterized by physical and social components. Alteration of physical space, addition of expensive hardware, and added guards will mean little or nothing without avoidance behaviors, community efforts, and vigilance on the part of residents and security staff. The following sections explain each approach.

Fortification

Fortification separates inhabitants of a building from the outside world by use of locks and other equipment. It is generally best to focus fortification efforts on the entrances at the ground levels of buildings, tapering off as one goes higher or inward toward less accessible openings and living units. Usually, if the ground floor and entrances are secure, little else needs to be done unless there is high danger of crime from within. In that case, there is a need for good hardware throughout the building.

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[1] See Appendix B, Bibliography, and chapter references for Newman's publications.

Defensible Space

Defensible space is a term coined by Newman to describe a residential environment in which complex areas (indoors or outdoors) are subdivided into smaller components so that each can be controlled easily by a small number of residents. This approach relies on architectural planning rather than hardware installation. Buildings, public areas, and pedestrian routes are constructed so that all parts of a housing project may be clearly designated as private, public, or semi-private. These distinctions are achieved by erection of symbolic barriers—psychological rather than physical inhibitors—which indicate who uses the space for what purpose. Low walls, special lighting, steps, flowerbeds, hedges, archways, and textured sidewalks are examples of design details that outline spaces and "territory." When large spaces are broken up into more manageable segments by symbolic barriers, territoriality, cooperation, neighborliness, identification of strangers, and informal policing of property are enhanced. Cohesive building and landscape design fosters the cohesive human networks necessary for community organization activities outlined in chapter 6.

Relocation

Relocation is similar to defensible space in that it uses subdivision to improve resident and outside recognition of territory. Relocation of special groups, in this case older people, into an area of their own makes identification of intruders very easy. In the age-segregated site, the locus of fortification is the main entrance, where nonresidents (i.e., young people) are immediately recognized. Because older people are generally victimized by the young, age segregation is especially effective in high-crime housing projects, welfare hotels, and apartment complexes.

Under some circumstances, age segregation by relocation is neither practical nor desirable. Past research has indicated that some older people prefer to live in an age-integrated environment (Rosow 1962). Most older women, especially in urban multiple-dwelling housing sites, already live, voluntarily or involuntarily, in an age-mixed situation (Butler and Lewis 1973). Both residents and housing management may find it very difficult to relocate groups of occupants after years of an age-integrated arrangement.

Wherever possible and desirable, housing older adults with each other or with childless families has clear advantages in reducing risk of victimization (Sherman, et al. 1975).

Surveillance by Security Personnel

This approach to improving the safety of living units is especially applicable to multifamily, age-integrated housing. The employment of numerous, highly visible security personnel is an effective deterrent to criminal activity. Guards would assume such duties as surveillance of doors and public areas, patrolling, and responding to problems. An important note here is that surveillance and lighting are inextricably linked. Poor illumination obviously hinders accurate observation.

ADVANTAGES AND DISADVANTAGES OF PHYSICAL DESIGN AND HARDWARE

If dwelling units are to remain safe, hardware and design approaches must be combined with avoidance behaviors and surveillance by guards or through community organization activities. No single approach works well alone. The key is to find the optimal mix of activities for each housing site.

Fortification to some extent is necessary; however, it can be an extremely costly undertaking. Emphasis on securing the most accessible entrances (e.g., street entrances, first- and second-story outside doors and windows) will provide for the most efficient use of limited funds. Fortification can have disadvantages when made too obvious or solely relied upon for protection. A false sense of security may accompany a large collection of locks. Mechanical devices are always fallible and subject to vandalism. Even the best locks can be compromised if a burglar or rapist has enough time, skill, and determination. In addition, fire safety is a potential problem in a "fortress." What keeps the criminals out also keeps the residents from escaping in the event of an emergency. Great care must be taken to ensure that older residents manage keys properly and can get out quickly if necessary. Another disadvantage of fortification is the atmosphere of imprisonment it can easily create. Heavy locks and bolts, bars, and steel-clad doors are intimidating and accentuate the dangers of entering into a hostile world beyond the residential building.

Similarly, relocation into age-segregated housing, especially if it is not entirely voluntary, reinforces isolation from the larger community and encourages fear of young people. While age segregation may be the most practical and least expensive approach to safety from the viewpoint of housing management, it may create a living arrangement which is perceived as unnatural and undesirable by some older women. If age-group residences are physically separated, housing and agency personnel should be alert to the need and provide opportunities for social exchange across generations.

Defensible space is clearly advantageous in promoting community organization against criminal activity. Division of a complex into "mini-neighborhoods" for easy identification of strangers and territorial control ideally should be incorporated into the original architectural plans.

After this initial expense for planning, the symbolic barriers remain effective with low maintenance costs. Expenditures for alterations and additions to create defensible space in an existing site may well be prohibitive, given the limited budgets of most housing management organizations. A disadvantage of defensible space is that places designated for private use could become danger spots for individuals with limited physical or mental function, as small courtyards, arches, and shrubs can become hiding places for muggers and rapists.

Use of security guards was espoused most frequently by older respondents interviewed on this project as well as by elderly spokespersons in hearings on victimization attended by project staff. More security guards in the housing projects and more police on the beat would tend to shift the focus of crime prevention activities from personal avoidance behaviors to reliance upon "outside" protection. While guards are usually thought of as a deterrent and are useful in an emergency (if accessible), their presence in large numbers may create a false sense of security and subsequent relaxation of other necessary precautions. In addition, the financial burden of security guard surveillance may be prohibitive. In a good community organization program, some of the security activities normally assumed by guards, such as screening visitors, can be assigned to residents, thereby reducing costs and releasing guards to attend to more hazardous duties.

Hardware and other security equipment, even when used conscientiously, only deter criminal activity for the moment. They do not prevent, diminish, treat, or cure crime. Security equipment is very important, however, in that it is the first line of physical defense which may discourage the opportunistic offender.

MODEL OF ACTIVITIES FOR PHYSICAL DESIGN AND HARDWARE

Site-Specific Focus for Security Programs

The most significant factors governing the selection of specific activities for each housing site are: (a) the relationship of the residents to each other and (b) the relationship of the housing units to the neighborhood. The composition of the resident population is the first consideration. If residents of a housing complex relate well to each other because of shared values, similar age, or other characteristics, they are likely to produce a safe environment internally. Age integration and heterogeneity in the population, on the other hand, have been correlated with victimization of older residents (Sherman, et al. 1975; Cunningham 1975). The second significant factor in planning a security program is whether the individual dwelling units have open or limited access to the street. Buildings with fortified main entrances, such as urban high-rise apartment buildings, present an entirely different problem for security programing than two-story open garden apartments where each living unit opens directly to the street.

The following list summarizes the recommended approach to basic security for four common types of congregate housing where older women often reside. Specific activities for each approach are suggested in tables 11, 12, and 13.

Age segregated, limited access

Examples: senior housing projects; private apartment buildings; high-rise building in a public housing project; retirement hotels; boarding homes.

Characteristics: a safe population inside; potentially unsafe population outside; building has locked or guarded main entrance.

Main Security Focus: fortification.

A low-risk factor is assured by the age-segregated environment. This constitutes a safe type of housing for anyone with physical or mental impairments or for older people who wish to be separated from younger persons.

The major focus of fortification is the main entrance and points of entry or exit between building and street. Minimal security is needed for internal public areas and entrances to living units. Identification hardware, such as peephole or intercom system, is crucial for each living unit.

Since older people usually spend a major portion of their time at home, they are a resource for the surveillance of the main entrance and for some of the neighborhood watch activities suggested in chapter 6.

Age integrated, limited access

Examples: private apartment buildings; welfare hotels; some boarding homes.

Characteristics: potential or existing high-risk population, both internal and external; even though main entrances are fortified, it will make little difference to the security of older residents if criminal activity is common among younger neighbors; intruders are not readily identifiable.

Main Security Focus: surveillance, relocation.

Hardware that creates a strong physical barrier is required for individual living units. Identification units are useful but could be ineffective since heterogeneity of the population makes recognition of unauthorized persons difficult. Individual caution must be relied upon in public spaces as well as in admitting strangers to the living unit.

Security guards, doormen, and resident surveillance activities can be very effective in this setting. Equipment is stationary and subject to compromise and vandalism in a high-crime setting, while security personnel are mobile figures of authority. In some cases, surveillance and security equipment can be successfully combined. For example, closed circuit audio and visual monitoring of public spaces can be manned by senior volunteers while guards patrol other areas or screen entrances.

Finally, provision should be made for clustering of different age groups and groups with different family composition. For example, older residents and other adults without children might be placed on lower floors with separate elevators and stairway entrances locked to outside intruders. If clustering is not desired or practical, living units for the most vulnerable, such as the handicapped, frail elderly, and persons living alone, should be made especially secure.

Age segregated, open access

Examples: retirement villages; retirement hotels; specified areas of public housing complexes or private apartments.

Characteristics: safe population inside; potentially high-risk population with limited access from the outside; no main entrance fortification with living units frequently opening directly to the street; low-rise units also have accessible windows.

Main Security Focus: defensible space.

First, access to living units and private areas should be limited by symbolic barriers, tenant surveillance, fences, additional hardware placed at main entrance points, or creation of a monitored lobby space. Design features and identification equipment should enhance community surveillance and control of common spaces by small groups of people. If defensible space and surveillance techniques are successful, there will be minimum need for having hardware on living units.

Age integrated, open access

Examples: public housing; private apartment buildings; welfare hotels; residential hotels; private homes.

Characteristics: This is the most dangerous housing situation for vulnerable people. There is a potentially high-risk population both internally and externally; residents and others come and go at will; living units are accessible either directly to the street or to corridors termed by Jacobs as "streets piled up in the sky" (Jacobs 1961).

Main Security Focus: fortification, defensible space.

The first preference again is the change of open access to limited access by fortifying a main entrance to a building, using a guard to screen entry or fencing off the grounds. If this is not feasible, the use of symbolic barriers becomes very important in limiting access to living units by anyone coming in off the street.

As indicated in tables 11 and 12, security hardware is necessary for living units. All outside doors should have dead-bolt locks and identification hardware, such as a peephole or window interviewer. All windows should have locks. Security guards for building and ground surveillance may be advisable.

Recommended Hardware and Design Specifications[2]

The recommended hardware and design specifications are arranged in table form for easy reference: Table 11, Living Unit; Table 12, Building; and Table 13, Grounds.

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[2] Most housing safety code specifications are published at the municipal level and deal primarily with fire safety. Protective devices are rarely mentioned. All specifications listed in tables 11 and 12 meet or exceed known municipal codes and Federal standards for publically funded housing as stated in U.S. Department of Housing and Urban Development, *Minimum Property Standards* 1975, and the *Manual of Acceptable Practices* 1973.

TABLE 11. Hardware and physical design specifications—Living unit (See Appendix A for definition of terms)

Type	Closed-access building	Open-access building
Doors		
Materials		
1. Wood	Solid wood, minimum 1-3/4 inch thick	Kalimein door: solid core door with steel sheets laminated to both sides
or	Flush door or panels reinforced with 3/4 inch plywood (mounted with carriage bolts going all the way through door and plywood)	16–12 gauge steel sheet attached to outside face of panel door (with round head bolts spaced around entire perimeter 6–10 inches apart)
2. Steel	Hollow steel flush 1-3/4 inch thick	
or 3. Glass panels	Break- or vandal-resistant laminated glass or acrylic plastic	Unbreakable polycarbonate glass
Frame		
1. Wood	Frame at least 2 inches thick	Solid wood at least 2 inches with sheet steel cover (18 gauge)
2. Steel	Hollow steel reinforced in area of strike (with either scrap of plywood or layers of sheet metal)	Hollow steel filled with crush-resistant material (cement grout) to resist prying attempts
Hinges	Jimmy pins: sturdy projecting screws in hinge edge of door near each hinge; when door closed, screws fit in holes on door jamb so door can't be removed even if hinge pins are removed	Nonremovable pins—conventional pins peened at both ends *or* with tiny nonremovable machine screws tapped into middle of each pin

TABLE 11—Continued

Type	Closed-access building	Open-access building
ocking mechanisms		
. Latches	Dead latch	Dead latch
. Lock devices	Mortise lock with dead bolt (minimum 1 inch throw)	Mortise dead bolt with secondary vertical dead bolt (utilizes 2 dead bolts)
	Note: Double cylinder dead bolt recommended if any part of door is glass.	
. Cylinders	Pick resistant 5 pins	Highly pick resistant 6 pins Key type with blank not readily available
. Cylinder guards	Spinner ring or beveled ring or escutcheon plate	Spinner ring or beveled ring or escutcheon plate
nterviewers		
. Visual (peepholes)	Pivoted interviewer with beveled edges protected by single thickness break-resistant glass or metal grille with openings no more than 1/8 inch. Hole not exceeding 2 inches square	One-half-inch hole in area Wide angle glass (series of optical lenses) for maximum visibility and protection from vandals
. Audio	Small slot (well-protected) allowing verbal communication between living unit and outside	Intercoms (microphone and speakers operated on batteries for 2-way communication. Additional advantage—can be used as interapartment intercom among adjacent residents on a floor)
	Open- and Closed-Access Building	
ccessible windows[1] lazing materials	Tinted, break resistant or vandal resistant; tempered plate glass, 1/4 inch; wired glass, 1/4 inch; acrylic plastic, 1/8 inch; laminated glass, 1/8 inch	

Construction (type)	Sliding (double-hung vertical operating or horizontal operating, like patio doors) Hinged casement
Securing devices (general)	Non-keyed pinning or wedging mechanisms
1. Vertical sliding (double-hung)	Nails or carriage bolts inserted on downward path in 1/4 inch holes through window sash and frame. Holes at different levels allow ventilation with security (minimal, however, due to increased probability of prying the window open).
2. Horizontal sliding (patio-type window or door)	Nonsliding portion secured to frame with angle brackets *and* screws installed in upper track to allow only for minimum vertical clearance of sliding portions *and* antislide block *or* stick or bar wedged into lower track *or* pins inserted into downward sloping holes through top channel into top portion of sliding door/window frame
3. Casement	Remove crank held by set screw or secure end of bar with screw driven into sill (in case of sliding bar casements)

	Closed-access building	Open-access building
Other living unit items Timers	*Single* timer for lights, radios, etc., in residents absence (see chapter 4 on avoidance behaviors)	*Multiple* timers (especially connected to radio talk show)
Alarms	Emergency call button (alerts management)	Direct telephone hookup to housing security or local patrolman Alarm door (magnetic door switch plus bell and 10 volt transformer) and/or alarm lock (for nighttime)

Note: Hardware and design for windows, including glazing materials, construction, nonkeyed locking devices, keyed locks, and window guards should be considered in *combination*, mix and match, for optimum security.

1. Accessible windows are: cellar, first floor, and any glazed aperture less than 18 feet above ground level or 10 feet from any fire escape or other structure that connects with the ground (Newman 1976). Also accessible are windows near the roof, over a canopy or porch, or near cornices and ledges. Under this definition of accessible windows, there is no difference between open- and limited-access buildings.

TABLE 12. Recommended typical design and hardware specifications—Residential building

Type	Closed-access building	Open-access building
Common interior doors (includes fire-stair doors, laundry room doors, and special-use room doors)	Large vision panels for viewing occupancy Dead-lock latch allowing for free exit but limited entry	Large vision panels for viewing before entry—should be made of vandal resistant materials Primary lock (dead-locking latch) allowing exit by lever or knob—key or card required for entry *plus* Secondary lock (dead bolt, 1 inch throw) two key requirement gives flexible range of tenant accessibility (tenants can either be given keys or management retains them)
Public rooms (mailroom, laundry, lounge, etc.)	Location in well-traveled area, adjacent to lobby if possible	Windows for easy surveillance and visibility Emergency call buttons
Corridors (and stairs) Design	"Courtyards" (corridors around which apartments are clustered) Bright colors to enhance vision Carpeted or low-gloss flooring to reduce glare	Short, with frequent lounge areas, no bends or dark recesses Carpet or low-gloss flooring Bright colors
Surveillance 1. Visual	Peepholes in living unit doors Windows in living units	Peepholes and mirrors at corners

2. Audio	Slot in living unit door allowing verbal communication	Interviewer with microphone and speaker
Elevators Design	Open directly on hallways Slide doors rather than swing doors Indicator lights for floors Mushroom-type hall buttons for easy use	Location of shaft near lobby entrance, management office, or other well-trafficked areas Indicator lights protected by heavy-duty transparent shield Elimination of emergency stop button (elevator has automatic safety mechanisms that prevent it from falling freely down shaft)
Security (surveillance)		
1. Visual	Slide doors opening in middle so that entrant has full view of elevator compartment	Double convex mirrors elevator dome light (vandal resistant)
2. Audio	Emergency call button in elevator	Intercom allowing communication between passenger and those on landings and/or manager, security guards
3. Up-discharge Down-collect		Elevator only stops for person selecting "up" at ground level; those on upper floor can only enter elevator on its way down
Lighting	*Bright*, high-intensity well in excess of conventional standards *Indirect lighting* to reduce glare Frosted incandescent or low-glare fluorescent Fixtures at close intervals. Bulb protectors (transparent or transluscent)	*Bright*, high-intensity well in excess of conventional standards *Indirect lighting* to reduce glare Frosted incandescent or low-glare fluorescent Fixtures at close intervals. Bulb protectors (transparent or transluscent)

TABLE 12—Continued

Type	Closed-access building	Open-access building
Primary door		
1. Construction	Out swinging (for fire safety and reduced vandalism) Tempered plate glass 3/4 inch thick *or* transparent material for 75 percent of door area for visibility, the remainder solid	Out swinging (for fire safety and reduced vandalism) Tempered plate glass 3/4 inch thick *or* transparent material for 75 percent of door area for visibility, the remainder solid
2. Frame	Heavy duty	Heavy duty
3. Lock	Key-operated heavy-duty mortise lock set (with 6-pin tumbler) Opened with color-coded key (easy identification of key by residents, allowing for quick entry) or Card-operated electronic lock	Key-operated heavy-duty mortise lock set (with 6-pin tumbler) Opened with color-coded key (easy identification of key by residents, allowing for quick entry) or Card-operated electronic lock
4. Door closer	Heavy-duty variety used in commercial facilities	Heavy-duty variety used in commercial facilities
Surveillance (control of access)		
1. Visual	Design of management facilities to screen incoming persons from office or desk during work hours and from living quarters on ground floor after work hours (through large see-through, one-way mirror in living room, for example) *OR*	Closed circuit TV camera recessed in ceiling of lobby; visitors viewed on unused channel in tenants' apartments or on monitoring screen in management office or security headquarters

2. Audio	Intercom—buzzer (2 methods: installation at time of construction or use of telephone wires) *OR*	Intercom—management or security guard (visitor calls on intercom, resident alerts manager or guard to admit visitor or comes to lobby to open door)
Secondary entries and exits[1] (fire exits, delivery doors, emergency exits)		
Quantity	Few—should not be used for normal ingress and egress	Same as for closed-access building
Location	If on opposite side from main entry, grounds should be fenced and provided with only one fence exit—in front of main lobby	Same
Construction	Heavy duty materials; no glass panels—double door system for fire exit passageway: two doors equipped with hardware to discourage egress	Same
Hardware (locks and alarms)	External hardware removed Vertical bolt latch or crash bar on inside Automatic door closer Exit alarms hooked into manager's office	Same

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[1] In order to limit access successfully to any building, the front entry must be fortified and secondary exits sealed off. Locking devices in the lobby door should not use a key or card that opens other locks, such as apartment doors, as this reduces fortification at the main entrance. Special consideration should also be given to the wisdom of having outside doors which can be unlocked from the inside with a turnbolt. Residents may unintentionally or purposely leave the door open and unguarded. A door which closes and locks automatically after exiting may solve this problem. Residents need occasional reminders not to prop open outside doors.

TABLE 13. Physical design and hardware—Grounds

	Closed and open access
Lighting (absolutely critical in combined use with surveillance)	Spherical white glass fixtures—preferably vandal-resistant plastic. High fixture locations (under eaves). Very high lighting levels. "Color-corrected" mercury or sodium vapor lamps (low energy consumer). Two sets: perimeter *and* roof lighting. Photoelectric sensors to turn lights on and off automatically.
Landscape Design (symbolic barriers)	Well-pruned shrubs, low hedges, planters, window boxes, gardens, columnar plantings, terraces, portals, low walls, etc., to define private spaces, semiprivate and public space.
Fencing (physical barriers)	Minimum 6-foot wrought iron or steel fence with pedestrian and vehicular entrances adjacent to each other near main entrance. Surveillance at gate.
Recreation areas	Defined zones for specific age groups (very important).
Access routes	Direct from public area to private residence. Few or no turns, allowing prescanning. Front entrance of living unit or building within 50 feet of street.
Surveillance	Vision panels (tinted) in lobby, public rooms, manager's office to facilitate informal surveillance of groups. Closed-circuit TV.

Generally speaking, minimum specifications are acceptable for living units protected by limited-access building entrances. More elaborate safeguards are required for open-access living units where the resident's front door is the only barrier between private living space and the world outside.

For common interior spaces in limited-access buildings, again the minimum specifications suffice. Maximum precautions should be implemented in open-access buildings where the above-minimum requirements are not enough.

As a rule of thumb, the more open the access, the higher the density of a heterogeneous population, and the higher the neighborhood crime incidence, the more the need for sturdy hardware, special design, surveillance, and good lighting.

Some obvious omissions in table 11 include popular protection hardware items such as electronic alarms, chain interviewers or locks, spring bolts, and master-keyed cylinders. Electronic motion-detection devices and other alarm systems, while effective, are considered far too costly and inconvenient for installation in the average residential complex. Locking mechanisms that do not afford even minimal protection include spring bolts and spring latches (which can be opened with a plastic credit card), key in the knob locks (which can be gripped by a tool and twisted to break), and horizontal bolts (a crowbar inserted between the door and the jamb will release the bolt from the strike). Chain interviewers are a poor, even dangerous, investment because people tend to use them as ventilating locks—a purpose for which they were not designed. A shoulder placed solidly against a door held open by a chain will easily break the fragile links. Chain interviewers can be compromised without force by using a thumb tack or piece of tape and rubber band to pull back the slide mechanism. Master-keyed cylinders also have drawbacks because they are susceptible to picking and to misuse by onsite staff. Other items that should be avoided are louvered windows and hollow-core or thin panel wood doors.

Two major conclusions can be drawn from table 12:

1. The design features and hardware required to safety-proof common interior areas of open-access residential buildings are expensive and extensive.
2. Limiting access by enclosing lobbies and focusing security on one main door affords optimal protection for minimal effort. Controlled access is easiest to achieve in high-rise structures where travel routes and use areas are confined within the walls of the building. Low-rise housing where circulation is mainly via exterior rather than interior routes can be made safer if attention is given to physical design, lighting, and grounds surveillance.

In terms of limiting accessibility to high-rise or low-rise building grounds, perimeter defenses such as fencing combined with security surveillance are likely to be most successful.

In compiling these physical design and hardware recommendations for living unit, building, and grounds, an effort has been made to present what is most effective and least constraining for residents. For high-crime neighborhoods, additional apparatus may be needed to guarantee inhabitants' well-being. For example, window guards in the form of sliding metal gates, metal mesh grilles, or bars may be appropriate in deteriorating commercial neighborhoods. Less drastic alternatives might be small-paned or fixed (nonopening) windows of nonbreakable polycarbonates. Fire codes often prohibit domestic use of such desirable materials, however, because they not only keep burglars out but also prevent firefighters from gaining entry. If bars are installed, one or two should be lock pinned to serve as an emergency exit by removing pins from the inside. Metal gates should slide easily to permit a hasty exit.

SPECIAL CONSIDERATIONS FOR AN OLDER POPULATION

Sensitivity to the special needs of older women must be exercised when selecting hardware and design alternatives.

Since hearing and sight decrements are common among older women, the usefulness of surveillance equipment, such as peepholes, intercoms, mirrors, vision panels, and audio interviewers, is diminished unless placed for easy viewing and combined with bright illumination. In order to be effective in limiting access to a building or living unit, a surveillance system should contain both audio and visual modes. This provides for an extra margin of safety in identifying and admitting visitors. For example, at one senior housing site observed, closed-circuit TV is used for coverage at the main entrance. The monitor is located in the management office. Combined with this is an audio intercom with a buzzer which is connected to the living unit for admitting callers to the building. Housing personnel interviewed felt from experience that the intercom-buzzer arrangement is not adequate alone. The distortion renders it very difficult for the hard-of-hearing to identify a voice. Closed-circuit TV is one solution to this problem. Another is to disconnect the buzzer leaving the audio intercom operable. This system works by having the resident call the management office after receiving a verbal message on her intercom. Either the manager opens the door or the resident herself comes to the lobby to admit her guest, thereby using both audio and visual screening.

A second major consideration for older people is lighting. Since surveillance is a necessary ingredient in the prevention model, the ability to see something clearly is of obvious importance. For example, a 75-year-old needs about three times the brightness a teenager needs to see the same thing. Normal anatomical changes of the eye also make glare a special problem by blinding in bright light. Highly polished floors, neutral colors, and untinted window glass, common in housing complexes, can make it difficult for older women to distinguish people's features or observe people who are standing in shadows. The solution is bright indirect lighting, bright colors and carpeting, and frosted lamp fixtures placed at close intervals. Outside lighting should be bright and placed to reduce shadow areas near windows, doors, and main travel routes.

Locks and other physical hardware present a special problem to some older people. Sensory losses, reduction in physical strength with age, and chronic illness such as osteoarthritis cause special problems for many older women in manipulating locks and keys. Compounding the physical problems are the memory changes sometimes associated with senescence. Older women with these symptoms have a tendency to lose or misplace keys, confuse one with another, fumble in trying to find a key in a cluttered handbag, and have difficulty opening and closing locks because of stiff fingers or poor eyesight.

Although key locks are the safest protection for doors and windows; to use them in the housing sites of those who cannot cope with keys is counterproductive. Loss of keys for exiting could prove fatal in the case of fire or emergency. In addition, having to search for the right key while entering could cause sufficient delay to enable an assailant to confront an older woman.

Observation by project staff within the living units of 54 older women in urban multi-unit housing revealed that most have several locks on the outside door, usually including a chain interviewer, a slide bolt, a key in the knob lock, and/or a dead bolt. As stated earlier in the chapter, the dead bolt is the only recommended lock within that group; and older residents should be discouraged from using the other popular devices.

The following recommendations represent a compromise between adequate locks and serving the special population who uses them. First, the number of keys should be kept to a minimum. For example, a single cylinder with a large thumb turn on the living unit side is preferable to double-cylinder dead-bolt locks; the keys for the lobby door and the living unit should be color coded; and, instead of a key, a lever, pin, or wedge locking system on accessible windows, backed up by break-resistant glass, should be used, as well as key-card locks or human screening for the lobby door. Pushbutton locks are a possibility, but the numerical formula may be forgotten, and numbers on the buttons may be too small to read easily.

Finally, locks can keep out good as well as bad. In the event of injury or other emergency, housing personnel or neighbors must be able to get through the resident's front door. One solution in common use, though it is not recommended, is the master-key system. This method is subject to extensive abuse by transient or unreliable housing staff. A better solution is for the resident to entrust a key to a neighbor or to the housing manager who would carefully protect access to keys.

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CHAPTER 6

Community Organization

DEFINITION

Community organization is a concept which defies specific definition. The term indicates a process by which planned social change occurs through people working together to solve a common problem. Community organization activities are performed at all levels by indigenous populations, policymakers, planners, administrators, and practitioners in social work, public health, neighborhood organization, adult education, urban planning, public administration, and politics (Cox et al. 1970).

There are several basic approaches to organizing a group of people toward common goals (Rothman 1970). One is social planning by experts in positions far removed from the problem itself. Federal planning for housing, mental health programs, and unemployment are examples. Another is the social action approach. This was typified by the civil rights movement of the sixties. Disadvantaged members of society organize to make demands from the larger community.

A third approach, and the one most descriptive of community organization for protection against rape, is called community development. This model assumes that the optimal approach to community change is broad participation of a wide spectrum of people at the local level in setting goals and planning activities to attain those goals.

"Turf Reclamation" and "Citizens Local Alliance for a Safer Philadelphia" (CLASP) are presented later in the chapter as examples of the community development approaches to reduction of crime at the neighborhood and building levels.

ADVANTAGES AND DISADVANTAGES OF COMMUNITY ORGANIZATION

Community organization is important to a complete crime prevention program in any housing site or neighborhood. We have already seen that personal avoidance behaviors and hardware are

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essential in that they either reduce individual exposure to high-risk situations or provide a basic barrier between assailant and potential victim. Physical design and community organization can also constitute actual barriers, but they have the added dimension of being deterrents. Activities in these areas of endeavor make criminal activity difficult to implement and increase chances of the criminal being observed or apprehended.

Another advantage of community organization is its relationship to neighborhood block or building cohesion. Everything which contributes to community cohesion is directly relevant to safety and security (HUD, April 1974). As people gather socially or purposefully to solve a common problem, individuals tend to identify with the group effort, forming loyalties and a sense of belonging. As individuals relate to one another and become attuned to their roles in a prevention program, their individual potentials for victimization are normally reduced, depending upon the strength of the organization relative to the criminal threat that is posed.

Finally, an established community organization program can also function as a second or third line of defense should an attack be threatened or actually occur. For example, if an older woman who lives in a high-rise senior housing project is confronted by an assailant, she can activate a prearranged alarm system to draw upon the resources of her neighbors. If an attack actually occurs, she can turn to neighbors for assistance in contacting authorities or seeking help.

The major disadvantage of using a community organization component in a security system is the extreme difficulty often encountered in launching such an endeavor. It is even more difficult to continue a program and establish participant involvement once the initial excitement has worn off. Community members must demonstrate substantial support for a crime prevention program. In addition, there must be a capable coordinator who is persistently able to work well with the specified population until program activities become established routines.

PREREQUISITE TO A SUCCESSFUL PROGRAM

In addition to overcoming the barriers just described, there is another important prerequisite for effective program development: a mutual respect and trust relationship between community and police. Although this trusting relationship should exist, the neighborhoods in which older women are most vulnerable are the very ones where poor relationships often exist between residents and police. Therefore, the areas in the greatest need of community organization for security are the ones where establishment of the program will be most difficult.

To compensate for this phenomenon, a community security process could be started by using prevention activities in which residents can participate without police assistance, such as escort service, shopping groups, or telephone reassurance. Hopefully, these activities will have a positive impact on police-community relations. Neighborhood cohesion is improving while mutual respect and trust between police and community are enhanced.

TWO EXAMPLES OF ORGANIZATIONAL APPROACH

Community security programs, while sharing similar goals, do not necessarily operate the same way. The following examples illustrate two different but successful approaches. Both incorporate elements of the community development model described earlier in this chapter.

Citizens Local Alliance for a Safer Philadelphia (CLASP)

CLASP is an example of local organization by a group of outside facilitators. On invitation from a resident or group, program staff encourage blocks or neighborhood groups to organize against crime. They plan initial meetings, develop community leadership, and assist the groups in establishing a strategy for mutual protection. Specific activities vary and are decided upon by the group; examples include tenant watch, tenant patrol, alerting devices with preset signals, and telephone reassurance. The program objective is to establish a self-supporting human security system. The CLASP program staff withdraw eventually from ongoing activities but stay in touch, occasionally offering workshops for the groups and providing leadership training.

Turf Reclamation

Turf reclamation, a basic mutual defense concept inherited from ancient times, has been applied to modern settings by Rosenthal at the Center for Social Policy and Community Development, Temple University, Philadelphia, Pennsylvania (no date). The concept was originally applied to public housing but is applicable to any high-crime setting.

The object of this program is the establishment of control by the law-abiding majority over the "turf" which they share with a law-breaking minority. Community Security Organizers (CSOs) are paid by the housing authorities to act as activity planners and as liaisons between management, resident groups, police, and other community groups.

First, hall or block organizations are created. During initial meetings, consensus is attained on values and standards of the majority and on the specific crime prevention activities to pursue. CSOs act as ongoing implementers of such activities as escort services and Youth Security Patrol. Initial evaluation of turf reclamation suggests that with sufficient support and persistence, the program can be very successful. In Pittsburgh, for example, early results indicate that crime dropped 75 percent in the first 9 months of a turf reclamation project (HUD 1976). In addition, residents became more interested and involved in keeping their homes and neighborhood safe.

COMMUNITY ORGANIZATION ACTIVITIES

As the crime problem grows in visibility and magnitude, so does the realization that all citizens, old and young alike, cannot rely on the police alone to prevent victimization. Police departments are often understaffed and overextended, and patrol officers simply cannot be everywhere at once. Each and every person has a role to play in her own protection and the safety of her neighborhood.

Activities outlined in tables 14 and 15 summarize recommended community organization efforts. Since each setting has its own characteristics, readers who are facilitators or coordinators of community organization programs must select the appropriate activities for their situation. In addition, references are available in Appendix B—Bibliography for those who wish to study the community organization approach or specific activities in more detail.

COMMUNITY ORGANIZATION WITH AN OLDER POPULATION

Before designing a community organization program especially for older women, two major questions should be considered. First, how do the special characteristics of an older population influence the effectiveness of a human security system? Second, how can activities in a security system be modified to accommodate the needs of older women? The mental and physical health status of the older woman, the crime level of the neighborhood, the age distribution, ethnicity, and income of the neighborhood or building population, the physical features of the building and streets, and local housing policies are all important and must be analyzed on an individual basis for each housing site. Here are a few examples of ways in which an older population may affect the program.

As pointed out in chapter 1, many older women operate with decreased physical ability, increased poverty and anxiety, and loss of social supports. While not all older women disengage from activities going on around them, many do. Coordinators, therefore, must take into account and plan for disinterest in and attrition from the program.

TABLE 14. Community organization activities—Building

Informal activities	• Residents' awareness of neighbors' habits and movements, calling police/management when a problem occurs • Informal checking on friends by telephone • Using panic buttons, freon horns to alert others • Front door monitoring and lobby sitting by residents • Buddy systems when using laundry rooms, basements, and other public areas
Formal activities	• Operation Identification[1] • Using panic buttons, freon horns to alert others with prearranged signals • Organizational structure, leadership pattern including floor captains and alternates • Scheduled front door monitoring, lobby sitting • Tenant watch • Tenant patrol of building • Escorting to laundry rooms, basements, and public spaces • Rape prevention education programs • Crime prevention education programs • Rental of one living unit to a police officer, at nominal rent for availability • Transportation schedules posted conspicuously in lobbies, mailrooms, management offices • Doorman services • Security patrolling, guard services, tenant security guards • Security briefings for new tenants by management or tenants' council • Telephone reassurance services • Residential security counseling by police or police trained community people, with hardware available at reduced prices. Installation could be done by volunteers from the community or community agency staffs. • Education and training programs for crime prevention

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1. Operation Identification is a program designed to deter burglars and facilitate identification of stolen goods. Personal possessions are permanently marked with an identifying number, often the social security number. This number is filed with the police department, and a sticker can be prominently displayed on an outside door or window stating that this resident has participated in Operation Identification.

TABLE 15. Community organization activities—Neighborhood

Informal activities	• Neighborhood or "Town" Watch[1] • Buddy system when traveling • Group shopping, banking trips • School crossing guards watching out for security of elderly • Drivers with CB radios reporting problems to police
Formal activities	• Organized block program, either with a general or crime prevention focus • Neighborhood patrols/walks (residents) • Police Safety Corridors[2] • Escort services by screened and identifiable volunteers • "Safety Spots"[3] • Shopping assistance • Free banking services by mail or volunteer assistance • Free delivery from local merchants, by reliable delivery persons • Improved transportation services, both public and private • Visible police patrolling • Police training for block watchers • Residential security counseling • Taxi patrol "Cab Watch" reporting to police

1. Neighborhood Watch or Town Watch is an informal or formal neighborhood security system in which persons familiar with neighborhood patterns watch occurrences and take action (e.g., call the police) when anything unusual happens. The watch can include a regular walk or patrol.

2. Safety Corridors are streets assigned by police for special patrolling by unmarked and marked police cars, ensuring "safe passage." Different streets can be designated on a daily basis, resulting in more territory being covered.

3. A "Safety Spot" is a marked designated merchant in a commercial area who agrees to render aid to a person in distress.

A second example is particularly relevant to the long-time residents of decaying inner-city areas, which have largely lost their middle-class population to the suburbs. Many older women prefer to remain in the neighborhood, even as friends move away. The possibility that some of their current or new neighbors may have reason to avoid the police because of drug habits or criminal activities certainly has a deterrent effect on the potential for cohesion and building a sense of community.

A third example is that many older women fear young people, especially those who are strangers. Almost all of our project respondents specified teenagers as the persons feared most in regard to crime. This factor must be considered if a human security system calls for high school students as escorts for older women. The escort idea along with a youth patrol was suggested frequently by community agency people interviewed. They also added that the coordinator of the security program must accept that there will be resistance to changing beliefs by both generations and build in activities to increase mutual trust.

Finally, policies and practices of the housing management must be taken into consideration. For example, many housing policies promote the segregation of families by age. This current trend in public housing has been backed by research which demonstrates that older people feel safer when they do not live in close proximity to families with children (Sherman et al. 1975). In age-segregated housing, security activities such as block watching, door monitoring, and telephone reassurance can be carried out by senior citizens only as their physical and mental capabilities permit. Many activities, such as the "walking the turf" neighborhood patrol, are clearly more appropriate in an age-integrated setting. As a possible solution, the homes and blocks surrounding a "senior" building could be contacted in an effort to gain the cooperation of younger neighbors. Functions could be coordinated by assigning different activities to the most appropriate age groups.

We are all familiar with the concept of the "old fashioned neighborhood" and the safety this tightly knit community offers its residents. Major elements of this arrangement are that:

(a) People know their neighbors.
(b) There is a predictable pattern of activities in the neighborhood.

Everyone knows when the pattern is altered and responds by investigating, providing assistance, or calling the police. The message among neighbors is "I'm watching, I'm listening, I care."

While the character of many inner-city "old neighborhoods" has changed with increasing mobility in our society, the function of the "eyes of the street" can be re-established by an appropriate mix of community organization activities suggested in this chapter. These activities combine to create what Rosenthal terms a "human security system." Such a system depends upon people of all ages working together to build a safe environment.

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PART THREE – EDUCATIONAL PROGRAMS AND TRAINING AIDS

Chapter 7. Education and Training Needs

Chapter 8. Education and Training Materials

CHAPTER 7

Education and Training Needs

INTRODUCTION

Part One and Part Two of these guidelines set forth:

(1) the context in which security programs must be planned and implemented;
(2) concepts of prevention, protection, and avoidance;
(3) a planning model for a security program; and
(4) avoidance and protection activities for use in the programs.

In order to facilitate dissemination of this information to appropriate groups, Part Three addresses education and training needs and materials for use in educational programs.

As part of the prevention effort toward all criminal victimization, there is a need to disseminate accurate information on the relative prevalence of crime against older people, appropriate protection and avoidance models, and special considerations in working with an older population. Potential victims, their families, community groups, service and planning agencies, housing management, and law enforcement personnel are all likely target groups for education and training programs. Because of the difference among these groups in perspective, sophistication, beliefs, and knowledge, programs should be varied to suit the particular audience.

Thus, this chapter presents general goals of education and training, target groups for educational programs, suggested program content, and special considerations for communicating with older people.

EDUCATION AND TRAINING GOALS

As illustrated in figure 4, the general goals of education and training programs are behavioral changes that permit potential victims and concerned others to enact positive policy changes and plan for routine utilization of a security program. It is hoped that the ultimate outcome of such behavioral changes is an increase in life satisfaction for all concerned through increased control of a threatening environment.

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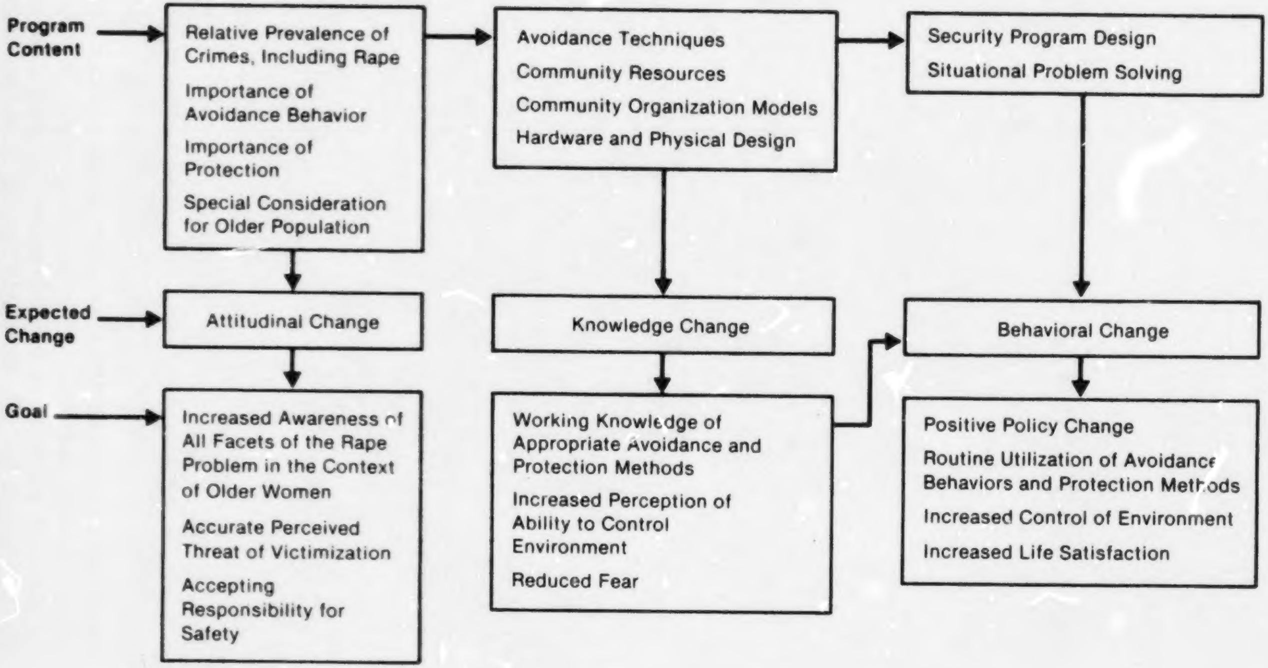
FIGURE 4. Education and training program goals


Program Content
Relative Prevalence of Crimes, Including Rape
Importance of Avoidance Behavior
Importance of Protection
Special Consideration for Older Population
Avoidance Techniques
Community Resources
Community Organization Models
Hardware and Physical Design
Security Program Design
Situational Problem Solving
Expected Change
Attitudinal Change
Knowledge Change
Behavioral Change
Goal
Increased Awareness of All Facets of the Rape Problem in the Context of Older Women
Accurate Perceived Threat of Victimization
Accepting Responsibility for Safety
Working Knowledge of Appropriate Avoidance and Protection Methods
Increased Perception of Ability to Control Environment
Reduced Fear
Positive Policy Change
Routine Utilization of Avoidance Behaviors and Protection Methods
Increased Control of Environment
Increased Life Satisfaction

In some cases, attitudinal changes must occur before behavioral changes can be achieved. Changes in attitude will result in more accurate perception of threat, belief in the importance of protection and avoidance activities, and confidence that older women can participate in security programs given appropriate activities.

In addition, changes in knowledge must occur before one can expect subsequent behavioral changes. Avoidance techniques, community resources, community organization models, appropriate hardware, and physical design considerations must be made known to older people, their families, and others before security programs can be planned and utilized.

Education and training goals vary and must be determined by the characteristics of the audience. For example, increased awareness and accurate perception of the threat of victimization could well be a necessary objective for a group of potential victims. On the other hand, more sophisticated administrators, who already recognize the seriousness of criminal victimization, might benefit most from exercises in security program design.

TARGET GROUPS

There are six major target groups that would benefit from education and training efforts on the protection against and avoidance of rape.

Potential Victims

Older women need to be made more aware of the realities of rape, such as the relative threat of victimization, the concept of rape as a crime of violence, and the usual circumstances under which rape is committed against older women. As part of an attitudinal change, many potential victims need to realize that in today's society they must accept and assume primary responsibility for their own safety and not shift the total responsibility to the police.

In addition to basic awareness, potential victims need concrete knowledge of what steps to take to protect themselves against rape and other crimes.

Families and Friends of Potential Victims

Families and friends also need to be made aware of the realities of rape against this population. In addition, they need information about how they can best help older relatives protect themselves, such as reinforcing avoidance behaviors, assisting with hardware installation, or helping to organize a community security program. In cases where the potential victim lives with relatives and is perhaps frail or forgetful, knowledge of protection methods is needed by family members who must assume the major responsibility for her safety.

Community Groups

Neighborhood organizations, churches and synagogues, senior centers, youth clubs, and fraternal organizations would also benefit from increased awareness about rape and victimization of older people and could provide assistance through knowledge of protection programs.

Community groups are becoming increasingly concerned about local problems such as neighborhood crime, the vulnerability of older people, and the impact of victimization on the community as a whole. Gaining the interest of these groups could encourage them to become involved in activities such as: (a) providing training in avoidance and protection activities and (b) assisting in the implementation of the community organization strategies discussed in chapter 6.

Planning and Service Agencies

Public administrators, legislators, social and medical service agencies, and "aging" agencies have available funds and are becoming increasingly interested in the special problems of older people. Their activities on behalf of the elderly often have a positive impact on the lives of this population.

Awareness of rape and knowledge of protection and avoidance techniques would encourage these supporters to participate in security programs, work toward policy change, and/or become active in local community organization programs.

Service and planning agencies that deal primarily with older people are special target groups for rape education and training methods. Because of outreach activities, knowledge in gerontology, and personal knowledge of potential victims, they are often in a unique position to teach or reinforce avoidance behaviors and to assist older rape victims.

Housing Management

As management personnel of multi-dwelling housing are responsible to some extent for the safety of residents, it is especially important that they be made aware of the realities of victimization toward the elderly. Concrete knowledge of appropriate protection methods is essential for members of this group.

The success or failure of security programs in any housing site depends upon the support and cooperation of management.

Law Enforcement Agencies

Most police and security personnel have an awareness of the victimization problem and adequate working knowledge of certain avoidance behaviors and hardware. The educational efforts for this group should focus on sensitization to the special needs of the older population, adaptations of their security programs to that group, and knowledge of community organization strategies.

CONTENT OF EDUCATION AND TRAINING PROGRAMS

Prevention

Specific content for education and training programs for protection against rape can be divided into three categories: (a) background information, (b) protection and avoidance techniques, and (c) practice in situational problem solving and security program design (see figure 4). The total program depends on audience characteristics, but would usually contain elements from each category.

Background information

Purpose: increased awareness, attitude change.

This material covers the special vulnerabilities of older women, the victimization patterns against older people, and the circumstance of rape against older women, including discussion of impact on the lives of older women.

Chapters 1, 2, and 8 of these guidelines provide the program planner with background information, a guide to audiovisual aides, and case studies which can be selectively used to sensitize the audience to the problem of rape and older women.

Protection and avoidance techniques

Purpose: increased knowledge.

Avoidance behaviors, hardware and equipment adaptations, design of defensible space, and community organization activities make up the content for education about protection and avoidance. Avoidance behaviors are common to almost every setting, while protection methods must be designed to individual settings. In all cases, the information should be presented in a personalized manner. Local slides, case examples, and role playing are helpful in encouraging the audience to relate the techniques to their own situations.

Chapter 3 highlights the special considerations in presenting prevention programs; chapters 4, 5, and 6 provide models of avoidance and protection activities; and chapter 8 contains materials for education and training. The list of books and pamphlets, films, security programs, sample presentations, and sample handouts are all useful for this type of presentation.

Problem solving and program design

Purpose: integration of background information and knowledge of protection models, behavioral change.

The final step is to design a security program for a particular setting. A workshop approach is suggested where audience participation in problem solving is maximized.

The planning model presented in chapter 3 (figure 2) as well as the case studies and samples of existing programs contained in chapter 8 should be useful workshop materials.

Crisis Intervention

Crisis intervention is prevention in the sense that its activities are designed to prevent negative impact of the trauma associated with rape (see chapter 3 for the discussion of tertiary prevention). There are occasions when the best security plans will fail and a rape will occur.

What to do if a rape occurs is basic knowledge and should be included in an effective prevention program. While such programs directed toward potential victims should simply specify the basic actions to take following a rape, those addressed to service providers should contain heavier emphasis on crisis intervention.

Knowledge about the special needs of older rape victims is especially important for those service providers having the most frequent contact with victims, such as private physicians, rape crisis center workers, police, emergency room workers, and housing personnel.

Material on the medical, psychological, and practical needs or considerations of special concern when working with older women is presented in chapter 8.[1]

SPECIAL CONSIDERATIONS IN COMMUNICATING WITH OLDER PEOPLE

Barriers to Communication

The ability to communicate as well as to perceive and integrate new information varies with individuals at all ages and in all cultures. There are, however, several recognized barriers to successful communication with older people which are common in industrial societies such as the United States (Oyer and Oyer 1976). The following paragraphs outline these important factors.

Sensory losses—Hearing and vision impairments discussed in chapter 1 are of critical importance in planning an educational program for older women. What may appear to be slowness, apathy, or inability to learn new material, may be, in reality, difficulty in perceiving the information. Normal older people do not have diminished ability to learn as is commonly believed. They do, however, have problems perceiving and integrating material if it is presented too rapidly, in low tones, and in distant small print.

Youth orientation—With great emphasis placed on youth being equated with promise, worth, and beauty, older people are perceived and often perceive themselves as out of the mainstream of societal activity. As a result, potential victims may feel that active participation in a security program which helps to maintain their independence is not appropriate.

Isolation—Many vulnerable older women are physically isolated from others and are thus deprived of information which could improve their well-being. Special outreach may be required to communicate with these individuals.

Transportation—Though this problem is not generally recognized, difficulty in obtaining satisfactory transportation is a major problem for many older people. This factor alone can be the one barrier which keeps them from obtaining needed services and from attending special programs or social events.

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[1] Suggestions for crisis intervention are based on workshop discussions during the Working Conference on Issues Pertaining to Sexual Assault: Special Populations. Arlington, Virginia, April 13-15, 1977. (Sponsored by the National Center for the Prevention and Control of Rape, National Institute of Mental Health, Rockville, Md. 20857.)

Shifting societal values—Important values held in common by older age cohorts usually include moral codes, achievement standards, and pride in independence. These values have been somewhat obscured as society adopts different modes of acceptable behavior. Those planning educational programs for older people should develop discussion around the value system of the audience, or they run the risk of offending and "turning off" the listener.

Diminished power—Older persons often suffer loss of roles, status, and decisionmaking power with such life events as retirement, diminished health, widowhood, friends' deaths, or children moving to distant places. Any factor which adversely affects the self-concept can seriously interfere with the communication process. It may be that older women listening to a presentation on avoidance behavior and community organization believe it does not apply to them or that they are not capable of carrying out such activities. Some may feel that the burden of prevention rests on chance, the police, or other outsiders rather than on themselves as capable individuals. Encouragement will help many older people realize the potential of "senior power."

Implications for Education and Training

Given the preceding barriers to communication, what are the implications for education and training? The following are some of the major points for planning a successful program for an older population.

Method of presentation

Daytime sessions of short duration are preferable. The trainer should make simple repetitive statements, progressing one step at a time through lists of avoidance or protection activities. However, any appearance of talking down should be carefully avoided. Visual materials are especially useful and should be personalized to the listeners' situation. Use of small groups provides a favorable ratio of trainer to audience. The trainer should be careful to speak slowly, clearly, and loud enough for people in the back of the group to hear (ask for show of hands). Eye-to-eye contact should be maintained with listeners. Written materials are best presented in starkly contrasting colors, such as black and white or light yellow and dark green. Letters should be larger than normal, and typed lines should be double spaced.

Content of the presentation

It is important to use the listeners' previous knowledge and experience. An attempt should be made to attach new learning to previous learning, rather than present new concepts out of context with accumulated knowledge. For example, in introducing the concept of avoidance behavior it would be preferable to say, "In years past, one could usually depend upon the neighborhood policeman to be available when a problem arose. As we all know, times have changed. Policemen patrol in automobiles, and they often have more to do than they can handle. For that reason, a good knowledge of self-protection is becoming more and more important to our safety," rather than, "We would like to teach you ways of protecting yourself against criminal victimization. This is called avoidance behavior."

Another important consideration in program content is to use the listeners' own established means of problem solving. For example, among women who are loners and who dislike group activity, an appeal for community organization is not as likely to succeed as a presentation in avoidance behavior or protection methods.

The content should be organized into positive concrete ideas rather than abstract concepts. Examples should be used frequently to illustrate appropriate activities. Negative examples should be avoided, as they may be recalled as what one should do rather than not do.

Finally, the trainer should employ a continuous feedback process to assess whether the audience is following the program or whether a content adjustment is necessary.

Achievement of educational goals is reflected in the attitude, knowledge, and behavioral changes of the target group. This chapter has outlined some specific education and training objectives, suggested content for appropriate target groups, and discussed the barriers to communication which must first be overcome in the provision of a successful learning experience for an older population.

The following chapters contain a wide variety of resources, educational materials, and training aids for program planners, coordinators, and others who are directly or indirectly concerned with the protection of older women against victimization.

REFERENCE

Oyer, Herbert J., and Oyer, E. Jane, eds. *Aging and Communication*. Baltimore: University Park Press, 1976.

CHAPTER 8

Education and Training Materials

INTRODUCTION

Many readers may wish to pursue an education and training program on rape prevention in their own setting. The preceding chapters have been designed to impart sufficient knowledge of avoidance and protection activities and special considerations so that a beneficial program may be developed for an older population. This chapter provides an annotated list of materials and resources for those seeking audiovisual and written aids or further information on existing prevention and crisis intervention programs.

ANNOTATED LIST OF SELECTED TRAINING AIDS

Films

A number of films were reviewed which address rape prevention directly or indirectly through prevention of related crimes such as burglary. There are no films which deal specifically with sexual assault of older women only. The following list briefly describes 14 films which are appropriate for all women, including an older population.

Aims Instructional Media Services, Inc.
626 Justin Avenue
Glendale, California 91201
(213)240-9300

- *Crime in the Streets* (18 minutes)
  Emphasizes prevalence of crime in the streets and need for care in avoiding dangerous places and circumstances. Many stereotypical situations featuring young people are depicted. Attack scenes are vivid and could tend to arouse considerable anxiety in an older population.

- *Rape Alert* (17 minutes)
  Advocates alertness and awareness of self-defense measures in the prevention of rape. Some myths regarding rape are discussed. The importance of reporting all attempts and completed rapes to the police emphasized. Illustrated situations feature young women.
- *Rape—The Right to Resist* (17 minutes)
  Stresses the belief that women of all ages should be physically and mentally prepared to prevent physical attacks. Emphasizes the importance of self-defense and confidence to do anything necessary to thwart an attacker. Although the rape defense class has a 75-year-old woman in it, advice is directed mainly toward younger women.

Aptos Film Productions, Inc.
792 Seward Street
Los Angeles, California 90038
(213)462-1241

- *Beware of Strangers* (20 minutes)
  Rape is a crime of opportunity. Film presents various ways of reducing the opportunity while outside, in cars, and at home. Presents practical advice while confronting the rapist, although this is not specifically directed toward the elderly.
- *Invitation to Burglary* (20 minutes)
  Specific hardware presentations with personal tips applicable for use with community groups, apartment dwellers, and home residents.

William Brose Productions, Inc.
10850 Riverside Drive
North Hollywood, California 91602
(213)760-0066

- *Senior Power—and How To Use It!* (19 minutes)
  Film advocates simple nonphysical lifestyle practices for older people. Positive approaches are made with humor. Recommended for use with groups of older women.

Dr. Mary Conroy
Department of Physical Education
California State University at Los Angeles
5151 State University Drive
Los Angeles, California 90032
(213)224-3216

- *Common Sense Self-Defense* (27 minutes)

  An educational and entertaining film which teaches the three strategies of self-defense: how to eliminate danger from daily living, how to recognize and avoid danger, and how to fight when necessary. Depicts older women confronting an attacker.

Sid Davis Productions
1144 South Robertson Boulevard
Los Angeles, California 90035
(213)278-5626

- *Beware the Rapist* (20 minutes)

  The avoidance of situations where rape might occur is suggested as the prevention measure. Many fundamental precautions are given for self-protection through avoidance behaviors. Does not encourage the use of physical counterattack measures.

FilmFair Communications
10900 Ventura Boulevard
Studio City, California 91604
(213)985-0244

- *Nobody's Victim* (20 minutes)

  Film covers basics of avoidance methods in varied situations and emphasizes escape as the main defense with easily learned physical self-defense techniques. Geared for the young, suburban woman.

Charles S. MacCrone Productions
8048 Soquel Drive
Suite H
Aptos, California 95003
(408)688-1040

- *Neighborhood Watch*

  Encourages neighborhood crime prevention programs, identification of valuables, and use of hardware and various alarm systems. Especially applicable for presentation to suburban residents but valuable for explicit presentations of hardware and alarm systems. Some elements of community organization.

- *Vulnerable to Attack*

  Stresses obtaining knowledge of protective procedures to obtain a meaningful margin of safety. Also stresses alertness to safety strategies in varied situations. Film is most appropriate for use with young women.

Motorola Teleprograms, Inc.
4825 North Scott Street
Suite 26
Schiller Park, Illinois 60176
(312)671-1565

- *Crime, It's a Matter of Time—Residential* (13 minutes)
  Film makes several important statements:
    - there is a wide range of criminals
    - burglary is the easiest committed crime
    - burglary is the highest incident crime in our society
    - homeowners contribute greatly to its high incidence by making it easy for crime to occur

  Humorous presentation of crimes has impact. Should be used with other films which stress prevention methods.

- *Rape: A Preventive Inquiry* (18 minutes) (Produced by the J. Gary Mitchell Film Co.)

  Film produced in cooperation with the Sex Crimes Detail of the San Francisco Police Department. Interviews with four rape/assault victims and four convicted rapists responsible for the rape/assault of over 125 victims. Gives practical advice, emphasizes awareness and avoidance techniques of not becoming a murder statistic. Film has considerable impact for all ages.

Pyramid Films
2801 Colorado Avenue
Santa Monica, California 90404
(213)828-7577

- *Lady Beware* (16 minutes)

  Promotes cultivating an awareness of danger in conjunction with many options for action for women of all ages. Should be used with another more age specific film such as *Senior Power—and How To Use It!*

Booklets and Pamphlets

The following table lists the source, title, and content of a variety of available published education and training aids.

TABLE 16. Booklets and pamphlets for education and training

Source	Title	Rape specific	General crime	Elderly	Avoidance behavior	Community organization	Hardware
AARP—NRTA 1909 K Street, N.W. Washington, D.C. 20049	Your Retirement Anti-Crime Guide		X	X	X		X
American Friends Service Comm. 1501 Cherry Street Philadelphia, PA 19102	Rape Resistance *Friendly Women* Nov./Dec., 1976	X					
California Crime Prevention Unit Office of the California Attorney General 3580 Wilshire Boulevard Suite 938 Los Angeles, CA 90010	On Guard: Nobody's Victim	X			X		
	On Guard: Residential Security—and What to Do About It		X				X
	On Guard: Safe Practices for Women at Night in Automobiles	X			X		
	Crime Prevention Tips		X		X		
Center for Rape Concern 112 South 16th Street Philadelphia, PA 19102	Rape	X					
Channing L. Bete Co., Inc. 45 Federal Street Greenfield, MA 01301	What Every Woman Should Know About Rape	X			X		
	What Every Woman Should Know About Self-Protection	X			X		

Cheltenham Township Police Department 8230 Old York Road Elkins Park, PA 19117	Cheltenham Alert Neighbors Program		X		X		
Chicago Illinois Department of Police Public and Internal Information Division 1121 South State Street Chicago, IL 60605	Out After Dark	X			X		
	Safety in the Streets For Senior Citizens		X	X	X		
	Protect Your High-Rise Apartment or Office		X		X		X
Citizens Local Alliance for a Safer Philadelphia 1710 Spruce Street Philadelphia, PA 19103	Hints for Human Safety		X				
	Holiday Shopping Safety Hints		X		X		
	Senior Citizen's Safety Hints		X	X	X		
	Freon Horns Make Your Neighborhood Safer – Safety Hints for Use of Freon Horns		X			X	
	Any Block Can...		X			X	
	For Block Safety, Senior Citizen's Are Needed to:		X	X		X	
Dallas, Texas SER-MDTA Project 4332 Maple Avenue Dallas, TX 75219	We Are Women: How To Defend Ourselves Against Rape	X			X		
Detroit, Michigan Police Department 3165 Second Street Detroit, MI 48201	Detroit Police Department Personal Safety Tips for Women at Home and Protective Measures To Prevent Rape	X			X		
	How To Make Your Home Secure		X		X		X
	How to Protect Your Home and Family Against Burglary		X		X		X

TABLE 16—Continued

Source	Title	Rape specific	General crime	Elderly	Avoidance behaviors	Community organizatic.	Hardware
Detroit, Michigan Police Department 3165 Second Street Detroit, MI 48201	What You Should Know About Lock for Commercial Buildings		X				X
	Burglary Prevention		X				X
Lane Inter-Agency Rape Team 125 East Eighth Street Room 100 Eugene, OR 97401	Take Steps To Take Care		X		X		
Mansfield Police Department 30 North Diamond Street Mansfield, OH 44902	Rape	X			X		
Maryland Center for Public Broadcasting P.O. Box 1977 Owings Mills, MD 21117	Surelock Homes (Consumer Survival Kit)		X		X		X
Metro's Rape Awareness Public Education Program 1515 N.W. Seventh Street Suite 215 Miami Beach, FL 33125	Rape Awareness—Precautions and Tactics To Avoid Rape	X			X		
Miami Beach, Florida Police Department Community Relations Section Crime Prevention Unit 120 Meridian Avenue Miami Beach, FL 33139	Rape: Help Stop Crime	X			X		
	Operation CAP (Citizen Awareness Program)—How To Foil a Mugger		X		X		

Mid-American Regional Council 20 West Ninth Street Third Floor Kansas City, MO 64105	Home Security		X	X			X
	You Can Do Something To Protect Yourself From Robbery and Purse Theft on the Street		X	X	X		
	Burglary and Robbery in Your Home		X	X	X		
Milwaukee County, Wisconsin Neighborhood Security Aid Program Room 1, Courthouse 901 North Ninth Street Milwaukee, WI 53233	Home Protection Techniques		X		X		X
	Tips For Women		X		X		
	Advice on Home Security		X				X
New York Police Department Crime Prevention Section 137 Centre Street New York, NY 10013	Safety Tips for the Older Person		X	X	X		
New York Police Department Sex Crime Analysis Unit 1 Police Plaza Room 1312 New York, NY 10038	Protective Measures To Prevent Rape	X			X		
	Rape: How To Keep It From Happening To You	X			X		
	Guide to Medical Services Following Sexual Assault	X					
Penna. Commission for Women 512 Finance Building Harrisburg, PA 17128	Help for the Rape Victim. A Pa. Comm. For Women Resource Guide, 1975, 12 pp.	X					
Penna. State Police Troop K 2201 Belmont Avenue Philadelphia, PA 19131	Lady Beware: Criminal Assaults on Women	X			X		
Philadelphia Police Department Eighth and Race Streets Philadelphia, PA 19106	Help Prevent Crimes Against Women	X			X		
	How Do I Protect My Home?		X				X
	Your Purse Is Their Target		X		X		

TABLE 16—Continued

Source	Title	Rape specific	General crime	Elderly	Avoidance behaviors	Community organization	Hardware
Philadelphia Police Department Eighth and Race Streets Philadelphia, PA 19106	Apartment Security		X		X		
	Security Suggestions for Senior Citizens		X	X	X		
	Burglary and What To Do About It		X		X		X
Rape Crisis Center of Syracuse, Inc. 709 Park Street Syracuse, NY 13208	Precautions for the Elderly			X	X		
	Rape Response for the Older Woman	X		X			
Rape Crisis Center, Wilmington, Delaware P.O. Box 1507 Wilmington, DE 19899	Rape—Every Woman is a Potential Victim	X			X		
University of Pennsylvania Security and Safety Department 3914 Locust Walk Philadelphia, PA 19104	Take Care	X			X		
	I Never Thought It Would Happen to Me	X			X		
Washington, D.C. Rape Crisis Center P.O. Box 21005 Washington, D.C. 20009	Rape Prevention Tactics	X			X		
	Why Women Need Self-Defense—A Theoretical Discussion	X					
	Effects of Self-Defense	X					
Women Against Rape (Detroit) 2445 West 8 Mile Road Detroit, MI 48203	Stop Rape (1971)	X			X		

Women Organized Against Rape 1220 Sansom Street Philadelphia, PA 19107	Rape Prevention Tactics and Self-Defense Tips	X			X		
Wynnefield Resident Asso. P.O. Box 4536 Philadelphia, PA 19131	Guidelines for Home and Neighborhood Security by SAW (Secure All Wynnefield)		X		X		

Educational Programs

These existing programs address the crime-related problems associated with rape against older women. They apply elements of avoidance behaviors, use of physical design and hardware, and community organization in a variety of combinations and settings. As example programs, they can be useful as models for those interested in developing local security projects.

- AARP-NRTA
  1909 K Street, N.W.
  Washington, D.C. 20049

  Preventing Crime Through Education—Four-part crime prevention program featuring street crime, burglary, fraud bunco, and community police relations. Program includes planning instructions, a news release, scripts, films, and the use of a resource person in the community.

- American Friends Service Comm.
  1501 Cherry Street
  Philadelphia, PA 19102

  Rape Resistance, Friendly Woman, Nov./Dec., 1976—Author of this article presents workshops on rape resistance. These workshops stress the use of vocal, nonviolent resistance in rape situations.

- Baltimore City Commission on Aging and Retirement Education
  Waxter Center
  861 Park Avenue
  Baltimore, MD 21201

  Crime Prevention Programs for the Elderly—A program designed to educate the elderly about crime, including the crime of assault. Stresses the need for the elderly to "prevent their own victimization."

- California Crime Prevention Unit
  Office of the California Attorney General
  3580 Wilshire Boulevard
  Suite 938
  Los Angeles, CA 90010

  Crime Prevention for the Elderly—Aims at educating the elderly about crime and training staff members of agencies for the elderly in crime prevention. Hopes to reduce not only crime itself but fear of crime.

- Cheltenham Township Police Department
  8230 Old York Road
  Elkins Park, PA 19117

  Cheltenham Alert Neighbors Program—A community-based program which organizes neighborhoods to prevent crime by educating the people to be alert to and report suspicious situations.

- Chicago, Illinois Department of Police
  Public and Internal Information Division
  1121 South State Street
  Chicago, IL 60605

  The Prevention Programs Division of the Chicago Police Department—Provides several crime prevention services. Included are: providing crime prevention training sessions and security surveys, helping community organizations develop defenses against crime, and arranging presentations featuring speakers, movies or slides, and demonstrations dealing with crime-related subjects.

- Citizens Local Alliance for a Safer Philadelphia (CLASP)
  260 South 15th Street, 7th Floor
  Philadelphia, PA 19102

  CLASP—Is a program for citizen participation to prevent crime and promote safety. This program focuses on block organization.

- Dr. Mary Conroy
  Department of Physical Education
  California State University at Los Angeles
  5151 State University Drive
  Los Angeles, CA 90032

  Teaching Self-Defense—Ten 30-minute, color educational videotapes for television series.

- County of Cuyahoga
  Office of Aging
  Marion Building, Room 512
  1276 West Third Street
  Cleveland, OH 44113

  Senior Safety and Security Program—Consists of two slide presentations. "How to Avoid Street Attacks"—based on the use of avoidance behaviors. "How to Foil Burglars"—demonstrates hardware and its use, also what to do if you're a victim of a burglary.

- Denver Anti-Crime Council
  1313 Tremont Place
  Suite 5
  Denver, CO 80204

  Operation Rape Reduction—This is a proposed program to reduce rape in the City of Denver by improving public education, the capability of policing rape by the police department, prosecution, victim support, and offender evaluation and treatment.

- Detroit, Michigan Police Department
  3165 Second Street
  Detroit, MI 48201

  Cass Corridor Safety for Seniors—This program, designed to promote safety and crime reduction, consists of five phases which operate simultaneously. These phases deal with education, transportation, identification of belongings (Operation Identification), banking (check cashing, savings account), and a telephone reassurance service for the elderly.

- Captain Stanley Friedman
  Wilmington Crime Resistance Program
  P.O. Box 1872
  Wilmington, DE 19899

  Crime Resistance (FBI)—Describes crime-resistance programs to be used primarily in the community. Details steps for setting up other programs of a similar nature.

- Jamaica Service Program for Older Adults
  92-47 165 Street
  Jamaica, NY 11433

  Jamaica Service Program for Older Adults—Deals with the educational, health, and social service needs of the elderly. A crime prevention program has been developed around the use of blockwatchers and the Operation Identification programs.

- Jersey City, New Jersey Department of Police
  Crime Prevention Unit
  282 Central Avenue
  Jersey City, NJ 07307

  Pilot program designed specifically for the elderly. Deals with crime prevention and assisting elderly victims of crime.

- Miami Beach, Florida Police Department
  Community Relations Section
  Crime Prevention Unit
  120 Meridian Avenue
  Miami Beach, FL 33139

  Safety Program—Designed by the police. Incorporated into this crime prevention program are security surveys and Operation Identification.

- Mid-America Regional Council (MARC)
  20 West Ninth Street, Third Floor
  Kansas City, MO 64105

  Aid to Elderly Victims of Crime—A two-goal program seeking first to decrease crime against the elderly by the use of home security inspections, community blockwatchers, and crime prevention training sessions; and second, to reduce the effects of this victimization by providing financial assistance, health and social services, etc., to elderly crime victims.

- Minnesota Governor's Commission on
  Crime Prevention and Control
  444 Lafayette Road
  St. Paul, MN 55101

  Minnesota Crime Prevention Programs, August, 1976

  Crime Watch—Educates citizens about crime and what they can do to reduce it. One part of this program deals with personal security.

  Crime Prevention Through Environmental Design—Shows how the design of buildings and surrounding areas affects crime and its prevention.

- New York City Department for the Aging
  155 West 72nd Street
  New York, NY 10023

  Senior Citizens Crime Prevention Program—Helps elderly victims of crime through counseling, emergency housing, transportation, etc. Also includes crime prevention training and an information outreach campaign.

- Pennsylvania Commission for Women
  512 Finance Building
  Harrisburg, PA 17128

Help for the Rape Victim. A Pennsylvania Commission for Women Resource Guide, 1975, p. 12—Guidelines on how to start a rape crisis center program.

- Rape Crisis Center of Syracuse, Inc.
  709 Park Street
  Syracuse, NY 13208

  This program consists of precaution and education talks given at senior citizen housing projects and recreation centers. The talks center around the special considerations concerning rape and elderly women.

- Sarasota, Florida Police Department
  2050 Ringling Boulevard
  P.O. Box 3528
  Sarasota, FL 33578

  Crime Against the Elderly—Uses educational printed matter and films to increase the elderly's awareness of crime. They also conduct security surveys.

- St. Louis Mayor's Office for Senior Citizens
  Senior Center
  560 Delmar Boulevard
  St. Louis, MO 63101

  Senior Home Security Program—Seniors are employed to install security devices and to do minor home repairs for other elderly. Program goal is to make elderly more secure from and less fearful of crime.

- University of Michigan, Wayne State University
  The Institute of Gerontology
  520 East Liberty Street
  Ann Arbor, MI 48108

  Age Related Vision and Hearing Changes—An Empathic Approach, 1975—Audiovisual presentation of "empathic" slides and audiosimulation.

- Wynnefield Residents Association
  P.O. Box 4536
  Philadelphia, PA 19131

  Guidelines for Home and Neighborhood Security by SAW (Secure All Wynnefield)—Mainly uses avoidance behaviors for crime prevention. This program was instituted by a neighborhood association.

SAMPLE PROGRAM FOR OLDER WOMEN

Format

(1) Quiz, "Your Security IQ," questions and answers
(2) Formal presentation
(3) Open discussion
(4) Distribute handouts
(5) Refreshments

Equipment and Items Needed

(1) 35mm slide projector
(2) Slides—individualized to local settings
(3) Verbal presentation
(4) Quiz
(5) Pencils
(6) Refreshments
(7) Handouts—localized for crisis centers and referral agencies

Time

45-60 minutes

Your Security IQ Test

	True	False
1. It is all right to leave notes for friends, milkman, or delivery men on your door.	☐	☑
2. It is safe to let in someone who says he is from the housing management or utility company, even if you don't know him.	☐	☑
3. With the energy crisis, it is better not to leave your lights or radio on when no one is at home.	☐	☑
4. It is a good idea to hide the key to your door somewhere outside your home.	☐	☑

Your Security IQ Test—Continued

	True	False
5. A clutch bag is the best kind of purse to carry.	☑	☐
6. You should not have your name and address on your keys.	☑	☐
7. You are less likely to be a victim if you are walking with a companion than if you are alone.	☑	☐
8. It is a good idea to call ahead to tell a friend how you are coming and when to expect you.	☑	☐
9. Middle-aged and older women should realize that they can be victims of sexual assault.	☑	☐
10. You should ask a neighbor to watch your apartment while you are away and to report any suspicious activity to the police.	☑	☐

11. What do you think are the most commonly committed crimes against middle-aged and older women?

ROBBERY-BURGLARY

BUNCO-FRAUD

12. What is the emergency phone number of the (Philadelphia) police department?

911

✓ = Correct Answers

Perfect Score:

12 plus 1 bonus point if they get more than 1 crime in #11.

10-12 = Very Secure
8-10 = Alert and Aware
6-8 = Need to be More Aware
Less than 6 = Vulnerable

Verbal Presentation

The following is an example of a basic personal safety talk that can be given to women who live alone. Slides, individualized to the situation, are used to illustrate various points made in the presentation. This talk was given at several project research sites in July and August 1977 and was very well received. The women especially liked to see slides of their own neighborhoods.

We are from the Philadelphia Geriatric Center, and we have been doing research about crime and how the fear of crime affects the lives of older people. My name is ______________________ and this is ______________________ . I may have spoken to some of you earlier this year.

How many of you felt afraid as you came to this meeting? [Ask for hands.] How many of you are afraid you may have your purse snatched or be assaulted when you go out to do errands? [Again, ask for hands.] And, how many of you are fearful that your home may be broken into, either while you are out or even while you are at home? [Ask for hands.]

We are here to talk to you about some of the things you and your friends and relatives can do to make yourselves safer, both on the streets and in your own home. As you learn to become more alert and aware and practice these precautions, they will become second nature to you. It is likely that you will gain in confidence and not feel as afraid as you go about your daily activities.

While we all wish that there were no criminals, the steps that you take to protect yourself will help keep you from being the victim of a crime. So please watch and listen carefully. We will be stopping several times during our presentation to answer any questions you may have.

First, here are some things you can do in your own home to be safer. If you or someone you know lives alone, it is best not to advertise it. For example, this slide shows us how only initials, not first names, are used on a building directory. [Slide of building directory or mailboxes using only first initial.] This way a stranger doesn't know that you are a woman living alone. This next slide shows drawn window shades and drapes. [Slide of window shades drawn on ground floor apartment.] This is always a good idea. A potential intruder will not be able to see if you live alone or not and will probably not think of making you a victim if he doesn't see you. Make sure that your room appears to be occupied even if you are out or away. You can leave a radio on. Some people use timers that turn lights on even if they aren't home. Have a neighbor pick up your mail and newspapers [slide: as this woman is doing for her friend], and have your neighbor keep an eye on things if you will be away for any length of time. [Slide of elderly woman taking mail out of friend's mailbox.]

As unfriendly as it may seem, never open your door to a stranger. [Slide of door protected only by chain guard.] You can't rely on a chain guard for protection. Talk to your visitors through the door before you open it; and before going to the door, call out "I'll get it," so the person will think you have company. This woman [slide of woman using peephole] is using a peephole to identify her visitor. Make sure that everyone who wants to enter your home has proper identification—utility men, salesmen, handymen, even police. The Boston Strangler got into his victims' homes by pretending to be a handyman. Have your visitors slip identification under the door before you open it. If you are unsure of identification, don't be afraid to call the manager or the company the person represents before letting the person into your home. If the person is on legitimate business, he will wait while you check his identity.

If someone wants to use the phone to make an emergency call, volunteer to make the call for him while he waits outside. [Slide of woman using building intercom.] This woman is using her intercom for preliminary identification of someone in her lobby—you can be sure she'll ask to see his identification card before she opens the door.

Take good care of your keys. Never put your address on your key ring. Be sure to keep your doors and windows locked securely when you go out, even if it's only for a few minutes. Don't give intruders any extra opportunities! [Slide of locked door and window.] Keep your money in the bank. Keep your purse, radio, and precious possessions out of reach of windows and out of view. This slide shows a very securely protected apartment door. [Slide of door with adequate locks.]

Be careful how you use your phone. It can be a help or a hindrance. Potential intruders sometimes use the phone to check up on you. Never reveal any personal information on the phone. Have your phone near your bed, with emergency numbers listed near it. Write the numbers large enough so you can read them without your glasses if necessary.

Now we will pause for questions. First, we'd like to ask you some.

1. If a man came to your door and said he was there to check your phone, what would you do? [Wait for answers. Discussion.]
2. How many of you lock your door when you go out for only a few minutes?

Now, do you have any questions for us? [Pause for discussion here.]

Now we would like to discuss important things for you to remember while out in your neighborhood or elsewhere on the street. This advice is particularly important if you carry a cane or have any difficulty getting about.

First, try not to walk alone [slides of elderly people walking together on street]. Have a friend or neighbor go with you. Don't use shortcuts through vacant lots or parking areas [slides of deserted neighborhood areas] where criminals can easily hide. Walk near the curb, not next to buildings [slide of woman walking next to building in shadow] as this woman is doing. Change your route—if you walk to the store down one block, come home up another block. Always be alert to your surroundings. [Slide of woman being followed as she walks down the street.] Know who is behind you. If you think you need help, go into the next store and ask for help. If you think a car is following you, change direction—you can turn around faster than the car. Don't walk through groups where people seem to be loitering. Cross the street, if possible, to avoid them. If you use public transportation, be very alert to your surroundings. At bus stops, keep your back to a wall, if possible, to avoid being approached from behind. On a bus, sit in the front near the driver and protect your purse carefully since you are near the door. On the subway, sit in a busy car, preferably the car with the conductor. If you think you are being followed when you get off, tell the attendant in the token booth.

This is very important, as purse snatching occurs frequently and can lead to physical injury; be careful how you carry your purse. Don't let it dangle from your arm where it is an easy target for purse snatchers [slides of woman carrying purse incorrectly]. It is best to carry a clutch purse under your arm, or better still, don't carry a purse at all. [Slide of woman carrying purse correctly.] Do not wind purse straps around your arm. When a purse snatcher grabs your purse, he can pull you down and cause serious injury to you. If someone tries to grab your purse, try to throw it or hold it upside down and dump out all the contents on the street. If you have time and are being threatened, you could drop your purse or wallet with identification into a mailbox. It will be returned to you.

Put your cash in different places on your body—in your bra, or in a shoe, or in a pocket. Criminals look for easy victims and will be more likely to attack a woman who is carrying a purse than one who isn't.

When you go out to visit, call ahead to tell how you are going and when you can be expected. When someone brings you home, don't be afraid to ask your friend or a taxi driver to wait outside until you are safely inside. [Slide of older woman entering apartment house while friends wait in car outside.]

Finally, here are some tips on how to return home safely:

1. Always have your key in your hand before you reach your door.
2. Avoid deserted areas in your building. Don't take shortcuts through unoccupied back halls and basements. [Slide of dark area in building.]
3. Be alert while in elevator with strangers. In the elevator, stand near the control buttons and push the main floor or the emergency button if you need help. [Slide of woman standing near control panel in elevator.]
4. If your home appears to have been entered, don't go into it yourself. Ask the manager, a neighbor, or police to help you.

So far, we have talked about some of the things you can do to protect yourself against becoming a victim of crime. Preventing crime often means taking the opportunity away from the potential assailant. And that is exactly what you are doing by keeping your home secure at all times, by checking on a stranger who wishes to enter your home, by going out in groups, and by carrying your cash and other possessions properly. While some of these precautions may seem to be only commonsense to you, you would be surprised at the number of people who are careless. These are the people who could easily become the victims of a purse snatcher on the street, or worse yet, a burglar or rapist in their own home.

Before we go on to some ideas about what to do if you are ever actually confronted by an assailant, we would like to say a few words about sexual assault. First of all, how many of you feel that middle-aged and older women need to concern themselves regarding rape? [Wait for reply and discussion.]

We have found that women of all ages, incomes, and living arrangements need to be concerned about rape and sexual assault. It is a relatively rare occurrence, but it definitely does happen and could happen to any one of us. Second, we have found that all of the prevention ideas which protect you against muggers or intruders in your home will also protect you against a sexual assault.

When middle-aged and older women are sexually assaulted, it generally happens right in their own homes. Often the attacker is a total stranger who may have gained entry for the purpose of stealing. It happens just as much during the daylight hours as during the night. So you see that it is especially important that you are very careful about giving out personal information, letting people know you are alone, and letting strangers in without first checking on their identity.

Do you have any questions or comments regarding the special problem of sexual assaults? [Wait for reply.]

Up to now, we have been talking about how you, as an individual, can help make yourself safer. There are also ways you and your neighbors can work together to protect each other. Some of these ideas may sound familiar to you. You might already be doing some of them.

For instance, in an apartment building, you can informally check on each other to make sure you're all right. As you sit in the lobby, you can see who enters the building and notify the management if someone suspicious enters. [Slide.] You can be a "block watcher" [slide], that is, a person who watches what happens outside of the building and calls the police if someone or something suspicious is seen. You do not need to give your name when you call.

Outside, you can be part of a group going out or be a "buddy" to one of your friends [slide]. You can join one of the many community organizations that exists in this area. Just getting to know your neighbors and caring about them can help make your neighborhood safer, especially as you begin to work together to protect yourselves against crime.

It is unlikely, as we have said, that you will ever be confronted with an attacker. But, if it should happen, what do you think is the best thing to do? [Wait for reply.]

We have found through our research that the exact best thing to do depends upon each situation—the combination of people and circumstances. However, we generally recommend the following:

1. Try hard to remain calm and to use your head to escape the situation without harm.
   - We feel it is best not to fight or antagonize your assailant—especially if he has a weapon.
   - Use self-defense methods only if you're sure of what you're doing (e.g., whistle; screaming doesn't help if you are inside where no one can hear you).
2. Be able to identify your assailant.
3. Call the police at _____ immediately.

If you are sexually assaulted, be very careful not to destroy any physical evidence. Do not bathe until you have been examined by a doctor [needed for physical evidence—be careful not to alarm audience].

Remember, prevention is the key word—through your own actions in protecting yourself and through your joint efforts with neighbors, you can be safe.

Thank you. Do you have any questions?

Sample Handout

The information beginning on the following page is designed as a model which can be adapted to your individual program and used as a handout during a training session. This material was distributed in booklet form during the research project and appeared to be helpful to participants.

PROTECTING YOURSELF AGAINST SEXUAL ASSAULT

Sexual assault is committed against women of all ages, incomes, and living arrangements.

According to reports by law enforcement and survey agencies, sexual assaults are committed much less frequently than all other crimes except homicide. It is therefore very unlikely that you will ever experience a real or threatened attack. It is also true, however, that all women must be aware of their actions and surroundings at all times in order to reduce chances of becoming a victim of any crime.

The following list of personal safety ideas has been formulated from publications of, and interviews with, many law enforcement agencies and experts on rape prevention. Perhaps you are familiar with some of these ideas; others may be new to you. In any case, they all deserve your careful consideration. While police, housing personnel, and neighbors may be helpful in deterring crime, your own skills in protecting yourself are far more important.

PERSONAL SAFETY IDEAS

In Your Living Unit

I. Don't advertise living alone—
  a. Use initials on mailbox, in phone book; add dummy name
  b. If alone and the doorbell rings, call out, "I'll get it, John" as though someone is with you
  c. Draw shades, drapes at night

II. House should always look and sound occupied—
  a. Use timers to turn on lights at night
  b. Use porch light
  c. Play radio
  d. Leave phone off hook if leaving home for considerable period during the day
  e. Notify neighbor if going away—ask to collect mail, papers, etc.
  f. Don't pin notes to door
  g. Keep a bathroom light on at night

III. Essential hardware—
   a. Keep doors and windows locked
   b. Use peephole
   c. Change locks from former tenant
   d. Never hide key; give to a friend
   e. If key is lost, change cylinder
   f. Never put address on keyring

IV. Use of phone—
   a. Have phone near bed
   b. Have emergency numbers near phone in big letters so you can read them without glasses
   c. Never reveal personal information on phone: plans; that you live alone; your schedule; name or address; *any* personal information
   d. Report series of obscene calls to police
      1. blow whistle into receiver
      2. tap mouthpiece and say, "Operator—this is the call I wanted you to trace"
   e. Have friend check on you at specific time; verbal code to indicate if something is wrong

V. Valuables—
   a. Keep purse, radios, stereos, TVs out of window reach and visible view
   b. Engrave valuables with special security, social security, or driver's license number
   c. Deposit and keep money in bank
   d. Don't keep large amount of cash in home

VI. (This may sound unfriendly but) *Never* open door to stranger—
   a. Don't rely on chain for identification of visitors
   b. Require identification from everyone: utility men, maintenance men, police, repairmen, salesmen; ask them to pass ID under door; when in doubt, check with company by telephone
   c. If stranger requests use of phone, regardless of reason or "emergency," offer to make call for him while he waits outside of locked door

VII. If intruder is suspected—
   a. If awakened, pretend to sleep and stay in room
   b. Try to retreat without being seen
   c. If confronted, do not antagonize; observe description. Self-defense measures are appropriate only if you are certain of your advantage and skill or if loss of life appears imminent.

VIII. Know your neighbors—Work out procedure for alerting each other in case of emergency

In a Building

I. Always have key in hand before you reach entrance

II. Avoid deserted areas within building when alone—stairways, laundry, trash, and storage areas

III. Avoid or use caution when getting into elevator with stranger—In elevator stand near control button and push for main floor or emergency if concerned

IV. Don't overload yourself with bundles—Be prepared to drop them quickly if being followed

V. If you think you're being watched when leaving apartment, shout to mythical companion, "Take the cake out in ten minutes, George!"

VI. If apartment seems to have been entered, don't go in yourself

VII. This may sound silly, but if accosted, yell "Fire," not "Help"—It will attract attention quickly

On the Street

I. Whenever possible don't walk alone—
  a. Use buddy system or groups
  b. Don't shortcut through vacant or parking lots
  c. Stay away from doorways and shrubbery
  d. Walk near curb, facing traffic
  e. If car pulls next to you going the same way you are, reverse direction
  f. Avoid streets in unfamiliar neighborhoods
  g. Vary route in going to store, coming home
  h. If insecure on sidewalk and traffic permits, walk down middle of street

II. Talking to strangers—
  a. Be very cautious when stranger asks directions or time or offers to carry your packages home
  b. Beware of individual who claims to have found money and wants to share with you or who offers goods at low prices

III. Always look and be alert to surroundings—
  a. Don't walk through group of men; cross street or walk around them
  b. If approached, look for lighted windows; wave and shout upward as though someone at window is watching you

IV. Carry purse, papers, umbrella under arm or keep purse between body and bundles—
  a. Carry purse on side away from the street
  b. Carry minimum of cash
  c. Carry money in two places—shoe, bra, or hidden pocket
  d. Don't overload yourself with packages, keep hands free
  e. Don't hang bag on hook in public bathroom
  f. Keep bag tightly in grip in stores and market
  g. If you think someone might take purse, drop it in nearest mailbox; it will be returned to you
  h. Never wind purse-strap around wrist (if grabbed, you can be pulled down and injured)
  i. If someone tries for purse, throw it in street or turn it upside down and let contents fall out
  j. Insert comb in wallet with teeth up to prevent easy removal
  k. If purse snatched, beware of phone call giving information where to retrieve it (call police for advice)
  l. If possible, do not carry a purse at all

V. Carry whistle—
  a. Put whistle on key chain, not around neck
  b. Have it available to blow when you feel threatened

VI. Know location of police call boxes, buildings with doormen on duty, all night stores, and other sources of help along your route

VII. When going to visit, call ahead to tell how you are going, when to be expected

VIII. If accosted yell "Fire," not "Rape" or "Help"

IX. When brought home, have friend or taxi wait till you're inside and safe

While Traveling

I. Travel with companion whenever possible

II. When awaiting or riding transportation conveyances, stand with feet apart in a balanced position

III. At bus and subway stops, keep your back to the wall to avoid being approached from behind—
   - a. Sit in front, near driver or conductor
   - b. Always have token ready
   - c. In subway, sit in populated car; avoid last car; get near conductor
   - d. Use busy stop; avoid deserted ones
   - e. If suspect being followed, don't get off at normal stop; get off at busy stop, tell attendant in change booth

While Banking

I. Bank by mail

II. Deposit checks soon after receipt

III. If you must walk, don't go alone and vary route and time of deposit

IV. Put your cash away before leaving window

V. Ask for direct deposit of checks by public assistance or other agencies involved

In Your Automobile

I. Key in hand when approaching car—
   - a. Keep car key on separate chain; separate from house keys
   - b. Leave only ignition key with attendant
   - c. Don't put name/address on keys

II. Drive with doors locked and windows rolled at least three-quarters up

III. Put packages on floor out of view

IV. Don't pick up hitch-hikers

V. Always have at least one-fourth tank of gas in your car

VI. Disabled car—Raise hood; tie white cloth to aerial or doorhandle—
   - a. Stay in car; do not get out
   - b. Ask interested motorist to call police for you

VII. Night—Always park in well-lit area—
   - a. Have friend escort you to car in dark
   - b. Always check back seat and floor before entering; use flashlight at night if necessary

VIII. If you notice a vehicle with person in distress, don't stop. Note location and stop at first safe phone to call police

IX. Don't leave credentials or personal papers in car

You may notice as you read these tips that they are ideas which will help to protect you from all types of crimes, not just sexual assault. There is a good reason for this. Statistics show that most sexual assaults against middle-aged and older women occur in the victim's own home and in connection with another crime, particularly burglary and robbery.

The main idea is to be aware, alert, and to prevent a potential assailant from having the opportunity to make you his next victim.

In addition to using these ideas for individual safety, many groups of neighbors have formally or informally organized in an effort to protect each other from victimization. Some examples of successful programs include buddy systems, neighborhood watches, lobby sitting, door monitoring, escort services, cooperative shopping, and many other activities.

In your community the agency to contact for guidance in planning and implementing a protection program is:

____

Remember, *every* woman is a potential victim of rape or other sexual offenses. The suggestions in this booklet deal with how to protect yourself and your neighbors from victimization. If you follow the suggestions for personal safety, chances are you will never be confronted with an attacker. If you are, however, the most important things to remember are:

1. Try to *remain calm* and *use your head*. *Escape* from the situation with the least amount of harm to yourself.
2. Be able to *identify* your assailant.

If a sexual assault occurs:

- Call the police immediately at __________. Tell them what happened and how badly you are hurt.
- Avoid cleaning yourself or the area where the assault occurred. Physical evidence is essential for apprehension and prosecution of your assailant.
- Call a rape crisis center or other agency. (Insert name of local program)

____

A volunteer will counsel you, tell you what to expect and how they can help you. *THEY UNDERSTAND.* DON'T BE AFRAID TO CALL!

SAMPLE PROGRAM FOR COMMUNITY GROUPS, RELATIVES, AND FRIENDS OF OLDER WOMEN

The following is an example of a safety talk that can be given to families with older people or to community groups that are concerned about the safety of older people. Again, slides are used to illustrate the presentation.

How many of you have parents or other older relatives who live alone? How many of you have an older person living in your own household? We are all concerned about the safety of our older friends and relatives, who are unfortunately at times the victims of muggings, burglaries, and even sexual assault. Because older people are more frail and less able to defend themselves, they are often more vulnerable to crime than younger people.

Many elderly are learning to take positive steps to protect themselves against crime. Some older people need the help and encouragement of their friends and neighbors to be fully protected, particularly if the older person is very frail physically or tends to be somewhat forgetful.

We are here to talk to you about things that your older relatives or friends can do to be safer, both on the streets and at home. While we all wish that there were no criminals, steps can be taken to keep the older person from being the victim of a crime. So please watch and listen carefully so that you can pass on useful information. In addition, this advice is just as relevant to the young as it is to the old! We will be stopping several times during our presentation to answer any questions you may have. [Slides—show pictures of apartment with drapes open, valuables in sight, first name on mailbox. Ask for discussion of what is wrong.]

First, here are some things the older person can do in her home to be safer. If she lives alone, it is best not to advertise it. For example, she should use only initials, not first names, on a building directory. This way a stranger doesn't know that the older woman is in fact living alone. What about drawn window shades and drapes? This is another good idea if a woman lives alone, for again, this way a potential intruder will not be able to see if the woman lives alone. He may not think of making her a victim if he doesn't see her or know that a woman occupies the apartment. Make sure the older woman's room or home appears occupied if she is out or away. For instance, suggest that she leave a radio on when she goes out to shop. Some people use timers that turn lights on when they aren't home. If the woman is going to be away from home for a long time, she should have someone pick up her mail and newspapers. [Slide: as this woman is doing for her friend]

A neighbor should keep an eye on things if she will be away for any length of time [slide of elderly woman taking mail out of a friend's mailbox].

Older women—in fact, all people—should be warned, no matter how unfriendly it may seem, *never* to open their doors to strangers. [Slide of door protected only by chain guard] A chain guard like this one is not adequate protection as it can be broken very easily. Chain guards are popular and make people feel safe. This is an erroneous belief. Tell your older friends and relatives to talk to their visitors through the door before they open it. This woman [slide of woman using a peephole] is using a peephole to identify her visitor. Make sure that anyone who wants to enter her—or your—home has proper identification—utility men, salesmen, handymen, even police. The Boston Strangler got into his victims' homes by pretending to be a handyman. Visitors should slip identification under the door before it is opened, and if the older person is unsure of the identification, she should call the manager or the company the person represents before letting the person into her home. If someone wants to use the telephone to make any "emergency" calls, they should wait outside while the older person makes the call for them. [Slide of woman using building intercom] This woman is using the intercom as preliminary identification for someone in her lobby—you can be sure she'll ask to see his identification card before she opens her door.

Be sure that the older person takes care of her keys. An address should never be put on a keyring. An older person should keep doors and windows locked securely when she goes out—even if only for a brief period. [Slide of locked door and window] Money should be kept in a bank; and purses, radios, and other precious possessions should be kept out of reach of windows and visible view. This slide shows a very securely protected apartment door [slide of door with adequate locks].

Many older people are careless in using the phone. A potential intruder uses the phone to check up on potential victims, many who naively reveal that they are alone and vulnerable. Personal information should *never* be revealed over the phone! The older woman should have her phone near her bed, with emergency numbers listed nearby. Write the numbers large enough so they can be read without glasses.

Before turning to safety on the streets, we will pause for questions and discussion.

Now we will turn to advice about safety on the street. This is particularly important if the older person carries a cane or has difficulty getting about.

First, it is safest for an older person to walk with someone, no matter who. Physical aloneness increases chances of victimization. [Slides of elderly people walking together on the street] A friend or neighbor could arrange to go out with the older person. It is not advisable to take shortcuts through vacant lots or parking lots where criminals can easily hide. [Slides of deserted unsafe areas of neighborhoods] It is best to walk near the curb, not next to building as this woman is doing. [Slide of women walking next to building in shadows] Routine travel routes should be varied—if a woman walks to a store down one block, she should come home up another block. Older women should always be alert to their surroundings. [Slide of woman being followed as she walks down the street] She should know if someone is behind her. If she thinks she needs help, she should go into the nearest store and ask for help. If she thinks a car is following her, she should change direction—she can turn around faster than the car. She should not walk through groups of people that seem to be loitering, but cross the street, if possible, to avoid them.

She should be careful how she carries her purse. It should never dangle from her arm where it is an easy target for purse snatchers. [Two slides of women carrying purses incorrectly] Cash can be carried in a pocket, bra, or shoe. Criminals look for easy victims and, for example, will be more likely to attack a woman who is carrying a purse than one who isn't. Purse straps should never be wound around the arm. If someone grabs the purse, the woman can easily be dragged and injured.

When older people go out to visit, they should call ahead to tell how they are going and when they can be expected. For example, if your mother is coming to your home for lunch, she might call when she leaves and tell you to expect her about noon. If you bring her home, it's a good idea to wait outside until she is safely inside. [Slide of an older woman entering an apartment house while friends wait in car outside]

When an older woman travels out of her immediate neighborhood, again she should try to go with someone. [Slide of two older people traveling together] And again, they should be very alert to their surroundings. At bus and subway stops, they should stand with backs to the wall to keep from being approached from behind. [Slide of older people waiting for bus] On a bus, they should sit near the driver and protect their pocketbook. On a subway, a busy car should be used, preferably the car with the conductor. If they think they are being followed when they get off the subway, they should tell the attendant in the token booth.

Finally, here are some tips on how to return home safely:

1. The older woman should always have her key in her hand before she reaches her door. Fumbling for keys at her door gives a potential assailant an opportunity to take her by surprise.
2. She should avoid deserted areas in her building and not use shortcuts through unoccupied back halls and basements. [Slide of dark area in building]
3. If she must get into an elevator with strangers, she should stand near the control buttons and push for the main floor or emergency button if she needs help. [Slide of woman standing near control panel of elevator]
4. If her home seems to have been entered, she should not go in but go to get help.

Now we would like to say a few words about the specific problem of sexual assault against middle-aged and older women.

How many people here think that rape is something of concern for older women? Do you ever worry about your older friends or relatives becoming the victim of a sexual assault? [Wait for reply.]

Sexual assaults, although infrequent, are crimes committed against women of all ages, incomes, and living arrangements. We have seen cases ranging from 4 months to 94 years in age. Very little is known or understood regarding the characteristics of a man who would assault a frail older woman or how to prevent him from finding his victim. We *can* suggest ways in which older women can be made less available to a potential rapist. These are the same suggestions for personal safety which apply to protection against other crimes.

We do know that sexual assaults against older women are committed for the most part in the victims' own homes by a total stranger. This occurs as much during daylight hours as during the night and quite often in connection with a burglary or robbery. The assailant is generally a young man between the ages of 18-26 and of the same race as the victim.

These facts should underscore the importance of the older woman not admitting anyone into her home until she is completely satisfied with his identification.

If an older woman is suspicious or confronted in some way by threats or assault, she should do the following:

1. Remain calm and use her head to escape from the situation with the least amount of harm to herself.
2. Try to remember the assailant's physical features (not just clothing) so that she will be able to postively identify him later.
3. Call the police.

If a sexual assault actually occurs, she should:

1. Call the police immediately—tell them what happened and how badly she is hurt.
2. Avoid cleaning herself or the area where the assault occurred. Physical evidence is essential for apprehension and prosecution of the assailant.
3. Call the rape crisis center at: (Number)________________
They will counsel her, tell her what to do and what to expect. Tell her *not* to be afraid to call! THEY UNDERSTAND.

CASE STUDIES

The following case studies illustrate examples of lifestyles of women living in urban multi-unit housing sites and incidents of rapes against older women. The cases are authentic with alterations of information to assure anonymity. They are an educational aid which serves to illustrate the vulnerability of older women, gaps in knowledge, behavior and protection programs, and hypothetical settings for various avoidance and protection models.

The following questions are suggested for use in discussion following the reading of a case study:

For cases 1-4:

1. Is this woman vulnerable to victimization?
    - List the "danger factors" in her situation.
    - Is she "overly" afraid?
2. What protective model components might work in this setting? (Hardware, creation of defensible space, community organization)
3. Group exercise: With what we know about this setting, design a security program which you think might work.

For cases 5-7:

1. What do you think are the key factors that led to this woman being raped?
2. What could the woman have done to avoid being raped?
3. If the assailant cannot be avoided, what are some of the actions the victim should take?
4. What should this woman do after she is attacked?

Other questions, especially those which personalize the case for the audience, can be used for discussion purposes. A word of caution is suggested in using case illustrations of rapes with an audience of potential older victims. One must be very careful not to raise already disproportionate levels of anxiety.

Case 1

Mrs. P is a 68-year-old woman who has lived alone for the past 10 years in a large, age-integrated public housing project. Her apartment is on the ground floor of one of several two- and three-story brick buildings which contain 16 units each. The complex, built in 1939, is attractive and well maintained, with tree-lined walks, shrubbery, and a central play area. It stands in sharp contrast to the surrounding neighborhood, which is comprised of broken-down or abandoned row homes on littered streets with small commercial establishments which are frequently vandalized.

Mrs. P has no children but enjoys a close relationship with her only family, a sister and two nieces. In addition, she has many friends and has a lifelong history of civic and church group membership. She worked as a nursing home aid until 10 years ago when her arthritis, hypertension, and newly diagnosed diabetes restricted her ability to work. Her health has become an increasing problem lately, and she now must rely on a cane for mobility. She fears worsening of her health and sometimes is not able to go out at all.

Mrs. P has a positive outlook and feels she has a good life in spite of her physical problems. She perceives her immediate neighborhood as very threatening and filled with a "large criminal element" and drug traffic. She feels safe in her apartment and her courtyard. She will not venture elsewhere unless "picked up and delivered back." Consequently, she has curtailed most social activities she previously enjoyed. Despite the strain on her fixed income, she pays a driver to take her banking and shopping. She has used public transportation in the past, even with limited physical function, but now feels it's unsafe.

She spends most of her time home alone, speaking occasionally to relatives and friends by phone. She watches TV and sometimes feels she is sleeping her life away. She would like to go to church again and would go to activities in the project if she felt safe.

Case 2

Mrs. D, a 75-year-old widow living in center city "senior housing," is a socially active, involved person who expresses interest in many activities. She lives alone, has lived in a modern, attractively appointed high-rise apartment building since its construction over 10 years ago, and enjoys a comfortable income.

Mrs. D is a registered nurse and still takes occasional part-time nursing jobs. These take her all over the city at all times of day and night, and she is therefore very reliant on all forms of public transportation. The fear of crime is a major part of her life. She says she is "scared to death" and "afraid of her own shadow." This fear is always with her, especially as she takes buses and subways (only when absolutely necessary) to her jobs and to see family and friends.

Mrs. D is in excellent physical condition. Her only physical problem is mild arthritis resulting from a previously fractured ankle. She is a woman whose physical condition imposes very few limitations on her activities. Yet, she feels very limited and constrained by the city environment and "climate of crime" which she perceives surrounds her. Except for going to work, she goes out in the evening only if accompanied and is very particular about which streets she will use in the daytime.

The building Mrs. D lives in has a reputation for safety and a strictly enforced policy of limited access at the front door. She feels quite unsafe, however, in the public spaces of the building as well as in her own apartment. She puts up barricades at night in front of her door, which has two locks and a locking chain.

Mrs. D has strong views on the crime situation and feels lenient judges bear a good deal of the responsibility for it. She'd like to see a vigilante group in her neighborhood, more police on the streets, and stricter sentencing procedures for criminals.

Case 3

Mrs. F, 73, lives alone in a welfare hotel. She moved there 25 years ago, shortly after the death of her husband, when it was still a luxury building. At that time, she enjoyed the hotel services, particularly maid service and attended elevators. The spacious lobby was airy and nicely decorated with elegant furniture and thick carpeting. Today, the furniture has been removed from the lobby to discourage loitering by residents who are prostitutes or drug pushers. All pay telephones have also been removed. The same carpeting remains but is badly worn and stained.

Mrs. F keeps her room and private bathroom neat and clean, although the paint is peeling from the walls. In the corner of the room she has a small two-burner stove. She cannot afford to move and isn't sure that she wants to, since this has been her home for so long. While she is in good physical condition, she perceives great risk to her health and physical safety. In order to get to the street for shopping, Mrs. F must negotiate a darkened hallway and wait for the unpredictable self-service elevator. Her neighbors are largely welfare clients, many of whom are also drug addicts or alcoholics, or recently have been discharged from penal or mental institutions.

Some are older women, like herself, who have lived in the building for many years.

When she goes out, Mrs. F leaves her radio on so her neighbors will think she is home. She carries a sharp can opener in her hand while in the halls and elevator. She isn't sure whether she would use it, but it makes her feel safer.

Case 4

Mrs. F's neighbor in the welfare hotel is Miss Y, 61, who was discharged from a mental institution last year because she was not disturbed enough to be hospitalized. Miss Y feels as though she should use caution when going out to her clinic in the afternoon, but admits that she usually forgets to lock her door. Her bizarre appearance makes her easily noticeable, as she wears several layers of bright clothing and heavy makeup. Her room has been burglarized twice, and she was once mugged by a young man who hid in her room when she went down the hall to the bathroom.

Case 5

Mrs. J is a 58-year-old woman who was approached by a young stranger as she was unlocking the front door to her apartment. He asked some questions regarding another tenant. As Mrs. J began to respond, he pushed his way into her apartment and then, brandishing a knife, demanded money. Mrs. J claimed she had no money and insisted he leave. The young man became angry and replied, "I know what I can get from you." He raped her both vaginally and rectally.

Case 6

A 70-year-old woman, Mrs. B, was spending an early summer evening on her porch. She was delighted when a young male friend of her granddaughter's stopped by and engaged in friendly conversation. He invited her out for ice cream. Delighted by the opportunity, she accepted, and in less than 30 minutes became the victim of rape and a brutal beating in the assailant's car.

Case 7

A 65-year-old widow was watching television when a young man entered her first-floor apartment through an open window and demanded money. She obligingly emptied the contents of her purse, which contained $10. Angrily, he insisted she must have more and began to tear apart her apartment. She became frightened and started screaming. After finding an additional $20, he intimidated her with scissors and demanded that she perform fellatio on him. He shoved, slapped, and pushed her into a chair, took her TV, and warned her that he would burn the building down if she told anyone.

CRISIS INTERVENTION—FINDING LOCAL RESOURCES

There are many organizations and agencies that can provide information on rape education programs or services. Your phone book, information operator, or local government can be helpful in directing you to the special resources in your area. The following are the types of groups that may be able to provide assistance:

> Rape crisis center or hotline; women against rape groups; crisis hotline or crisis intervention service; YWCA; National Organization for Women, local chapter; women's center, local or university campus; local or State commission for women; community mental health center. Your local hospital may have a special rape treatment program and/or the police department may have a sex crimes unit or be able to direct you to counseling or educational services in the community.

The National Center for the Prevention and Control of Rape is preparing a listing, by State and city, of rape prevention and treatment resources. Though the listing is not complete, you are welcome to contact the Center regarding activities in your local area. Write or call: The National Center for the Prevention and Control of Rape, Room 10C-03 Parklawn Building, 5600 Fishers Lane, Rockville, Maryland 20857; (301) 443-1910.

The National Organization for Women (NOW) has an extensive network of rape task forces around the country. Check your phone book for a local listing or write: NOW Rape Task Force Coordinator, NOW Legislative Office, 1107 National Press Building, Washington, D.C. 20004; (202) 347-2279.

CRISIS INTERVENTION—SPECIAL CONSIDERATIONS FOR OLDER RAPE VICTIMS

Medical

1. A general physical examination is recommended following a rape, attempted rape, or other sexual assault. Pelvic injury and

venereal diseases are possible. In addition, the older victim may easily sustain other soft tissue or skeletal damage, or an exacerbation of an existing chronic illness.

2. Medical services must be easily accessible to the older victim, or she may not be willing to seek or receive assistance.
3. Centralized hospital emergency rooms are not a preferred treatment setting for older persons. They are often inaccessible, confusing, and frightening. In addition, because of embarrassment, deafness, or other conditions, an elderly walk-in rape victim may not speak up to make her needs known; thus, a prolonged wait may result. Other alternatives are: (a) a private physician; (b) a Health Maintenance Organization; (c) specialized outpatient clinics or crisis centers located in reasonable size catchment areas; (d) a home visit team for followup, with a geriatric nurse practitioner and a social worker with legal training, to link the victim with supportive services.
4. It is not known where most older victims go to seek medical assistance once assaulted, or if they go at all. It is suspected that many older victims treat themselves or go to a lifelong, perhaps elderly, private physician. Older women and their private physicians must learn how to gain entry into and receive help from the medical-social programs for rape victims.

Psychological

1. It is not yet known how the psychological impact of rape in older women differs from that in young women. The following suggests areas for concern in counseling. After an incident of sexual assault, older women must deal with:
   - (a) being violated, coming face to face with the physical frailties associated with advanced years. If injured or even disabled, the event may raise an awareness of physical vulnerability, reduced physical resilience, old age, and imminence of death.
   - (b) being violated sexually after perhaps years of voluntary sexual inactivity. Sodomy or oral sex may be especially traumatic to the current generation of older women.
   - (c) the humiliation, fear, anger, and depression associated with their ordeal. The first reactions of older women to sexual assault have been reported to be embarrassment, shock and disbelief, denial, and even gratitude that it didn't happen to a younger woman (e.g., "I'm glad it was me and not my daughter"). The real psychological conflict and emotional impact may come later at a time following contact with

physicians, police, legal and advocacy groups, or when the older victim is alone. Fear, anger, or depression can be especially severe in the case of older women who are isolated and have no confidant. It is essential to follow through on counseling the older victim over time.

2. Activities such as mutual support groups, therapeutic groups, and home visits are considered appropriate for older women. This is true if persons to whom the older victim can easily relate are present. The group activities should be conducted in a setting both accessible and comfortable to the victim, such as a church, a senior center, or a mental health center.
3. Families may provide a good resource for continuing support to the older rape victim. Since the older victim is generally considered to be blameless, relatives, friends, and the public react with horror and rally around to help immediately following the sexual assault. At that time, they must be counseled regarding special problems of the older victim and the continued need for support over time.

Practical

1. Many older women live alone, and most reported sexual crimes against older women occur in their own homes in association with a robbery or burglary. Following a sexual assault, there are many practical needs which must be met, including: (a) paying for and replacing locks on doors, improving home security; (b) replacing stolen money, goods, credit cards, etc.; (c) provision of emergency funds to live on; (d) taking care of the older victim's special concerns and responsibilities (such as caring for pets, housekeeping); (e) acquiring assistive services (e.g., legal, health insurance, damage repair); (f) moving to a new residence (older persons often reject relocation; unless by choice of victim, this is a last resort). It is suggested that a crisis intervention worker or family member assume an advocate position with the older victim. His or her role would be to assist in the needed activities or contact the appropriate resources, over time, until the victim can once again assume her routine activities.
2. An advocate with police or legal training is recommended for the older victim in coping with the law enforcement and judicial system. It is suspected that many older victims do not report sexual crimes. This is not only because of fear of retribution by the perpetrator but also because of the embarrassment and exhausting ordeal older people associate with police reports and court appearances.

3. A special approach may be needed to bring services to older rape victims. Many older women are not familiar with the women's movement and related rape crisis center networks. The agency networks which specialize in social service or special services to the elderly can provide outreach and liaison to rape crisis intervention services.

APPENDIXES

Appendix A—Glossary of Terms and Concepts

Appendix B—Bibliography

Appendix C—Acknowledgments

APPENDIX A

Glossary of Terms and Concepts

Community Organization[1]

- *Neighborhood Watch or Town Watch*: This consists of an informal or formal neighborhood security system in which neighbors are concerned for each other and their mutual safety. They watch each other and what goes on in the neighborhood and call the police when anything suspicious occurs. The watch may include a regular walk or patrol of the neighborhood in the evenings.
- *Safety Corridors*: Streets are earmarked by police for special patrol by unmarked and marked police cars, ensuring "safe passage." Different streets can be designated on a daily basis, resulting in more territory being covered.
- *Operation Identification*: This is a program designed to deter burglars and aid in recovery of stolen items. In this program a person's personal possessions are permanently marked with an identifying number, often the social security number. This number is filed with the police department, and a sticker can be prominently displayed stating that this resident has participated in Operation Identification.
- *Turf Reclamation*: The objective of this "human security system" is for the residents to re-establish territorial (or turf) control of their neighborhood. The process involves establishing community values and setting community standards. This is facilitated by a Community Security Organizer, whose function is to act as liaison between police, residents, and management.

Hardware[1]

- *Cylinder (of a lock)*: The part of the lock set containing the keyway; the insertion and turning of the correct key aligns the pins and allows the cylinder to turn, thus activating the locking mechanism.

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[1] Source: U.S. Department of Justice, Law Enforcement Assistance Administration, National Institute of Law Enforcement and Criminal Justice. *Design Guidelines for Creating Defensible Space*, by Newman, Oscar. Washington, D.C.: Superintendent of Documents, U.S. Government Printing Office, April 1976.

- *Double Cylinder*: Key-operated from both inside and outside.
- *Jamb*: One of the two vertical members of a door or window frame.
- *Laminated Glass*: A kind of specially fabricated glass with two layers of glass sandwiched around a tough, transparent bonding layer. Some kinds of laminated glass are very difficult to break through.
- *Latch*: A device for automatically retaining a door in closed position when it is shut; a latch generally has no locking function.
- *Mortise Lock*: A lock mortised into a door, rather than applied to its surface.
- *Primary Lock*: A lock which operates in conjunction with a door latch.
- *Secondary Lock*: A lock installed on a door to supplement the primary lock and used for the purpose of keeping the door locked rather than shut.
- *Single Cylinder*: Key-operated only from the outside.
- *Solid Core Flush Door*: Door constructed of wood blocks or strips which completely fill the core of the door between the two sheathing sheets.
- *Strike Plate*: A piece of metal secured to a door jamb housing a door latch or bolt in the closed or locked position.
- *Throw (of a bolt or latch)*: The outward movement of a bolt or latch; the distance such a bolt or latch travels from the unlocked to the locked position.
- *Wired Glass*: Glass manufactured with a layer of meshed wire approximately in the center of a one-fourth inch thick sheet.

Sexual Offenses[2]

- *Rape (medical definition)*: Coitus without the consent of the woman or against her will. (Dorland's Illustrated *Medical Dictionary*, 23rd Edition. Philadelphia and London: W.B. Saunders Co., 1957)
- *Forcible Rape (legal definition—varies by state)*: A major index crime, part I offense—the carnal knowledge of a female, forcibly

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[2] Source: U.S. Department of Justice, Federal Bureau of Investigation. *Uniform Crime Reporting Handbook*. Washington, D.C.: the Bureau, January 1976.

and against her will in the categories of rape by force, assault to rape, and attempted rape. Excludes statutory offenses (no force used—victim under legal age of consent).

- *Other Sex Offenses*: A part II offense—except forcible rape and prostitution and commercialized vice—includes offenses against chastity, common decency, and morals, such as: adultry and fornication; buggery; incest; indecent exposure; indecent liberties; intercourse with an insane, epileptic, or venereally diseased person; seduction; sodomy or crimes against nature; statutory rape (no force); and all attempts to commit any of the above.

APPENDIX B

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APPENDIX C

Acknowledgments

As indicated in the preface, we would like to acknowledge the following persons for their substantive input in the preparation of this guide.

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☆U.S. Government Printing Office: 1979—294-531/6243